

The Homemaker Plans Community Meals

Revised by

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Contents

	PAGE
The Work to Be Done:	
The Planning Committee	3
The Hostess Committee	4
The Preparation Committee	4
The Serving Committee	5
The Clean-up Committee	7
Points to Be Remembered in Planning the Menu	8
Helps in Estimating Amounts	8
Quantities Needed to Serve Fifty People	8
Helpful Information as to Amounts	11
Points to Be Considered in Quantity Cookery:	
To Handle and Cook Meats	13
To Preserve the Color, Texture and Flavor of Vegetables	13
To Prepare and Serve Salads	14
To Handle Flour Mixtures	16
To Make Sandwiches	18
To Heat Rolls	20
Frozen Desserts	20
To Make Good Coffee and Tasty Tea	21
To Make Refreshing Fruit Drinks	22
Suggested Menus for Various Types of Community Meals:	
Combination Meals	22
Cafeteria Meals	23
Buffet Meals	24
Banquet Menus	25
Light Refreshments	25
Suggested Recipes for Dishes Listed in Menus:	
Meat and Meat-like Dishes	26
Vegetable Dishes	29
Salads	30
Salad Dressings	31
Marmalades, Pickles and Relishes	32
Flour Mixtures	33
Desserts	34
Desserts (Frozen)	36
Drinks	37
Record	39

Tables

	PAGE
Table I—Canned Goods, Trade Name, Weight of Contents and Average Number of Cupfuls in Contents	8
Table II—Quantities Needed to Serve Fifty People	9
Table III—Helpful Information as to Amounts	11

. . . *Original bulletin written by Mary Edmonds Gerlaugh* . . .

The Homemaker Plans Community Meals



THE CHIEF JOY OF the community meal is the opportunity it affords for social intercourse. It usually falls to the lot of the homemaker to plan this popular meal. Delicious, nutritious, time-saving, labor-saving meals do not "just happen"; they have to be carefully planned for flavor and balance, and budgeted for time and cost. Those cooking and serving the meal must be considered. They should not be involved in long-time processes which demand too much of them in time and energy, and keep them from enjoying the rest of the program.

It is the trend of the times to simplify the mode of living and make it more economical, yet keep it as truly rich and satisfying as possible.

The success of the social occasion, either in the home or public meeting place, will depend both upon the hostesses and guests. A good hostess is one who is tactfully watchful of the comfort and happiness of her guests during the whole of the entertainment time. Having accepted an invitation, the guest assumes certain obligations. The first is punctuality and the second is entering whole-heartedly into the spirit of the occasion.

The Work to Be Done



WHETHER it be a meal for a family reunion, social gathering at home, a farm crew, a church banquet, or a community supper, plan early and plan carefully. Divide the work and responsibility.

A chairman should be selected who can picture the undertaking as a whole and have in mind its real purpose. She should supplement her own knowledge of selecting, combining and preparing food by conferring with the home demonstration agent, home economics teachers, and leaders who have been recently interested in the study of nutrition projects. She should have had some experience in the handling and serving of food in quantity, and should be able to work with people and be capable of handling money.

Three or four sub-chairmen may act as heads of working committees. The following is suggestive of a practical division of activities.

THE PLANNING COMMITTEE

to be made up of the chairman and the sub-chairmen

1. Discuss the plan and purpose of the program for the meeting as a whole.

Appoint some one person or group of persons to act as a hostess committee to greet all guests and look after their social comfort. Be sure that strangers and special guests are introduced to members of the group.

Discuss the place of the meal in the program. If members of the group are to do the work of preparing and serving the meal, plan for them to miss as little of the program as possible. Think of the time and strength of all committee members.

2. Plan the menu, considering the occasion, the type and number of people to be served, the cost, the place where the meal is to be served, and equipment available. Plan to keep it simple yet well balanced and satisfying. If children are to be present remember to plan for suitable food and service for them. In addition to consulting the home demonstration agent, interesting and helpful literature may be obtained and studied.



3. Decide upon recipes to be used.
4. Make out the order list, suggesting both a buying list with verified costs and a list of foods to be donated.
5. Furnish copies of the menu to the food preparation and food serving committees so that they may make plans for methods and order of preparation and serving.
6. The chairman should write out and keep a copy of the general plan of work and the duties of various people. In case of misunderstanding these work sheets may be consulted.

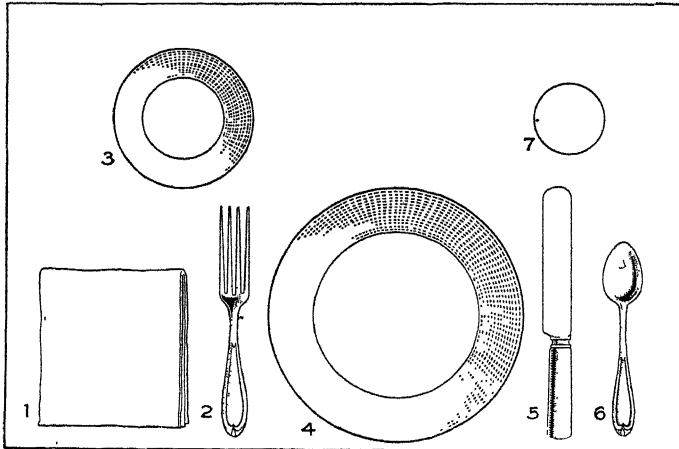
HOSTESS COMMITTEE

1. Extend a cordial invitation to all guests, giving information as to the time they are expected to arrive and the nature of the occasion.
2. Greet all guests on arrival with sincere, kindly, and friendly hospitality.
3. Introduce strangers and special guests to the members of the group. Try to bring together those who will enjoy each other.
4. Plan special means for sociability and entertainment if it seems desirable.
5. When leave-taking time comes, the hostesses, no less than the guests, should be sincere in expression of enjoyment of the occasion.

“The basis of all good manners is tact,
that is, a kindly consideration for others.”

PREPARATION COMMITTEE

1. Study menu.
2. Study recipes and note the method of preparation and amount to be prepared.
3. It may prove helpful for one member of the committee to receive all food which has been bought or donated, and check it off the list.
4. Decide upon a plan of work—where each thing is to be done and by whom. Plan to have some of the work done ahead of time. It may be necessary to have part of the food prepared in various homes. It simplifies matters to bring food all ready in containers from which it can be served. Also provide serving spoon or fork. Foods may be kept hot or cold by covering tightly and wrapping in several thicknesses of newspaper. Make the time between wrapping and serving as brief as possible. Some precaution in regard to spoilage needs to be



ARRANGEMENT OF COVER

- | | | | |
|-----------|---------------------------|----------|------------|
| 1. Napkin | 3. Bread and butter plate | 4. Plate | 6. Spoon |
| 2. Fork | | 5. Knife | 7. Tumbler |

taken with chicken and other meat dishes. They should never be allowed to stand long in a semi-heated condition. Leave tied up until serving time.

Baskets or parcels containing different types of dishes may be marked with colored ribbon, string, or different colored wax crayons, and put in specific places to avoid confusion in preparing and serving the meal. One person should be responsible for this food.

Dishes containing food should have the owner's name securely attached to insure return.

If the crowd is large it is well to have one committee member responsible for each main dish such as meat, vegetable, salad, dessert; one for extras such as bread, butter, jelly or relish; and one for drinks. Each of these women may need a helper. It is desirable, however, to keep the committee as small as possible.

5. Cards may be prepared and presented to each worker telling her just what she is to be responsible for. A definite time schedule and promptness on the part of all workers is very helpful.

6. Prepare the food and see that it is ready for serving at the stated time.

7. Confer with the serving committee as to method and manner of serving and size of servings planned for. Discuss arrangement of food so that there may be "eye appeal" as well as "taste appeal." It would be helpful to try a sample plate.

8. The women designated to make the beverage should see that it is poured into pitchers and ready to serve. Pitchers should be heated for hot drinks.

9. One person may check all plates before they go into the dining room. Any garnish or decoration which is to go on the plate may be added by this person.

SERVING COMMITTEE

1. Investigate the kitchen and dining room or other space where food is to be served and check upon tables and chairs. Estimate the amount of table space needed for each person, and decide upon a plan for seating the guests.

2. Study the menu and become familiar with it.

3. Plan for trays, dishes, silver, table covering, flowers or other table decoration. White paper may be used instead of tablecloths. White and colored crepe tablecloths are available.

If dishes and silver are not available each person may provide his or her own and take them home for washing.

The garden and woods usually provide attractive decorations. The arrangement should be low. House plants in low pots may be used.

4. See that tables are set ready for the meal to be served. The chairman should check these before meal time. Fill the water glasses just before serving time.

5. Decide upon the best plan of serving, depending on facilities. It may be cafeteria, buffet, or table service.

(a) If CAFETERIA SERVICE is used have plates, silver, napkins, and food arranged on the table in an attractive, orderly, and convenient fashion so that guests may help themselves. The line of service may be as follows: trays, silver, napkins, plates, hot food, rolls, bread and butter, salads, desserts, beverages, water. When trays are not available it is better to place the silver and napkins last. The silver may be wrapped in the napkin.

If the crowd is large it would facilitate matters to have two service stations. Form the guests in two lines and serve the plates for them. The main course plate may be returned and dessert received. It will avoid confusion, however, to serve dessert to guests where they are seated.

In serving a large crowd at a picnic, if quick service and protection of food is desired, the food which is fairly dry such as sandwiches, pickles, olives, devilled eggs, etc., may be wrapped in paraffin paper and the various items for each person put into a paper bag. Moist food such as scalloped potatoes, potato salad, baked beans, or fruit salad may be served on the paper plate and handed to the guest. The guest may then help herself to the paper bag of food, drink, silver, and napkin, and sit where she chooses.

It is desirable to have two stations where soiled dishes may be returned.

Two members of the clean-up committee should be present to receive, sort, scrape, and stack dishes and silver. Serving the large cafeteria dinner or supper is not difficult if the work is carefully planned and each woman knows her own job.

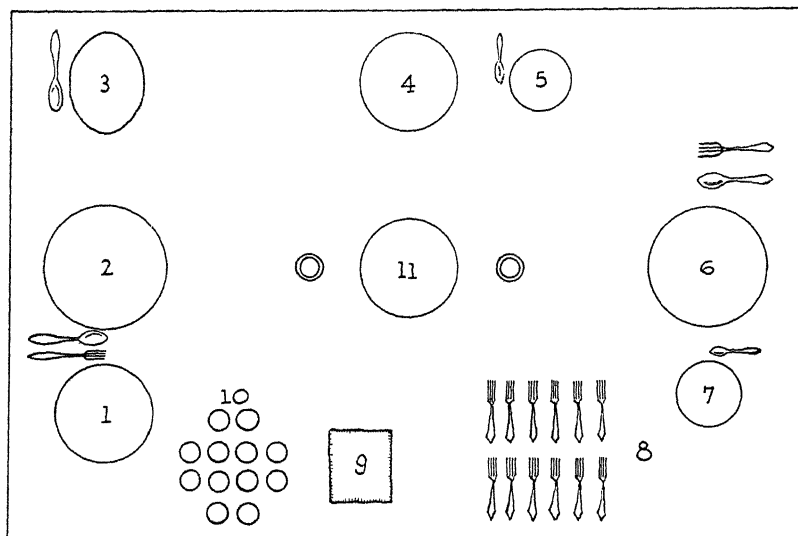


TABLE SETTING—FIRST COURSE—BUFFET LUNCHEON

- | | | |
|-------------------------------------|------------------------|-----------------------|
| 1. Plates | 4. Bread or Rolls | 8. Forks |
| 2. Platter for Meat or Covered Dish | 5. Preserves or Relish | 9. Napkins |
| 3. Vegetable | 6. Salad | 10. Water Glasses |
| | 7. Salad Dressing | 11. Center Decoration |

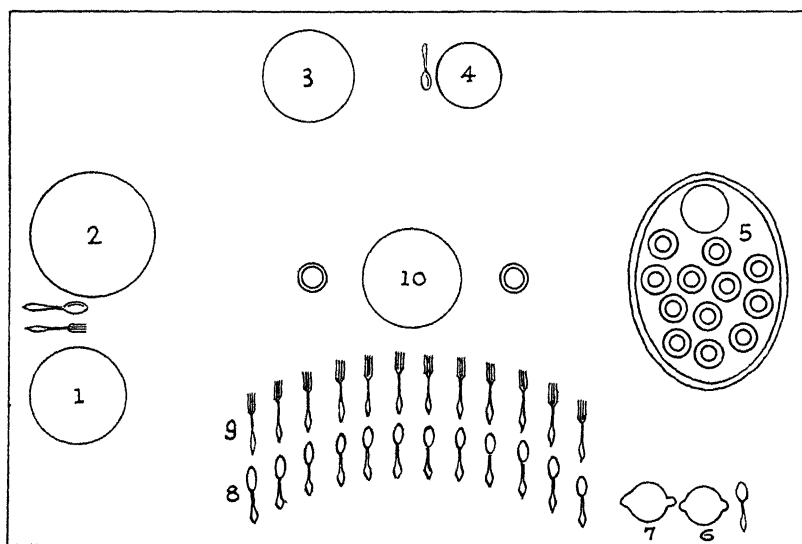


TABLE SETTING—SECOND COURSE—BUFFET LUNCHEON

- | | | |
|--------------------|--------------------|-----------------------|
| 1. Plates | 4. Nuts or Candies | 8. Teaspoons |
| 2. Dessert | 5. Coffee Service | 9. Forks |
| 3. Cake or Cookies | 6. Sugar | 10. Center Decoration |
| | 7. Cream | |

(b) **BUFFET SERVICE** is generally used for a fewer number of persons than cafeteria service. It is used when too many persons are present to be conveniently seated at a table and "help" is limited. At buffet meals, guests help themselves and sit wherever they choose. The chairman or hostess may ask one or two women to assist with the serving. One may serve the main dish, another the salad, and another may pour the coffee. One person should be responsible for replenishing dishes for those serving. Another should see that guests are relieved of used dishes. The hostess should be ever mindful of the comfort and satisfaction of all of her guests.

Make the table covering as attractive as possible. A full length linen cloth or runners and doilies may be used. Floral or foliage decoration and candles help in carrying out a color scheme and make the occasion more festive. For children's parties or at times when laundry is an item, attractive white or colored paper tablecloths or doilies may be used. Place the plates and napkins at one end of the table and arrange the necessary silver in rows more nearly toward the center of the table (see illustrations on page 6).

Put the food on the table in large dishes. Space these at the end and around the table according to kinds and amounts and convenience. Serve the coffee and other beverages from the end of the table opposite plates and napkins.

The buffet menu properly consists of only two courses—the main course and dessert. Avoid juicy foods and thin sauces, and foods that require the use of a knife. Butter all bread and rolls.

(c) If **TABLE SERVICE** is to be used, waitresses should have all instructions ahead of time.

It speeds service to have several stations where food is being served. Number the stations and the waitresses, and assign definite tables or sections of tables in the dining room to them. Discuss the plan of serving and map out routes of travel.

Left-hand service is conventionally correct. This means everything except beverages is placed or passed or removed from the guest's left with the waitress using the hand farthest from the guest, namely, the left hand. For the service of milk, coffee, or water the waitress always goes to the guest's right, using the right hand.

Waitresses might be reminded of some of the rules followed by professional waiters—such as being immaculately neat and clean, quiet, courteous and thoughtful; seeing and providing for guests' needs before they ask, etc.

6. Plan ahead of time for re-service of bread, butter, drinks, etc.

7. Carry all soiled dishes from table to kitchen.

In the case of large gatherings when each person or each family brings all of their own lunch and a program precedes the meal, baskets may be received by a committee and marked with ribbons of different color.

Different tables or sections of the room may be marked with similar colors, and at meal time the guests may be asked to eat in the section with a color corresponding to that on their basket. This will help in mixing the crowd, will save time, and avoid confusion when guests are being seated.

FOLLOW-UP OR CLEAN-UP COMMITTEE

1. Provide table space for soiled dishes, means of scraping dishes, garbage can, dishpan, hot water, soap, towels, etc.

2. Scrape and stack dishes.

3. Wash, dry and put away dishes, silver and utensils.

4. Dispose of left-overs and garbage.

5. See that stoves and sink are clean and that the kitchen and dining room are left in order.

Points to Be Remembered in Planning the Menu

Familiar foods well-cooked and attractively served are most appreciated. Make the best use of home produce.

The same food or flavor should be used but once in the same meal. Contrast in flavor adds to the interest of food combinations. Try to use one food of pronounced flavor with other foods of mild flavor.

Some contrast in color adds to the attractiveness and interest of the meal.

Make a special effort to have hot foods *hot*, cold foods *cold*, and crisp foods *crisp*. Something crisp in each meal acts as an appetizer.

Do not multiply starchy dishes such as having potatoes, macaroni and cheese, and rice pudding.

Two meats, or a meat and a meat-like dish, should not appear in the same meal.

One food difficult or slow of digestion is enough for a single meal. Do not multiply fried foods or rich foods.

Suit the dessert to the meal—a light dessert for a heavy meal, a heavier dessert for a light meal. The dessert should add the final note of attractiveness and leave the guest with a happy, satisfied feeling.

If children are to be present be sure to plan suitable food and milk or cocoa as beverage for them.

Helps in Estimating Amounts and in Buying

Choose as far as possible foods which are available at home, which meet health needs and are appropriate for the occasion.

If necessary to supplement these foods, study the markets and apply business principles to food buying.

Buy for nutritional worth and flavor as well as “by eye” or for looks.

Purchasing in quantity saves money.

Learn as much as possible about market grades and classes, and buy the grade best suited to the need and the budget.

Know pounds as well as measures. Weight is more accurate than measure.

Labels give information about the nature and amount of the contents of the can or package.

TABLE NO. I—CANNED GOODS—*Trade name, weight of contents and average number cupfuls:*

<i>Name</i>	<i>Weight of Contents</i>	<i>Contents</i>
.....	8 ounces	1 cupful
No. 1—Eastern or Picnic....	11 ounces	1 $\frac{1}{3}$ cupfuls
No. 1—Tall	16 ounces	2 cupfuls
No. 2	1 lb., 4 ounces	2 $\frac{1}{2}$ cupfuls
No. 2 $\frac{1}{2}$	1 lb., 12 ounces	3 $\frac{1}{2}$ cupfuls
No. 3	2 lbs., 1 ounce	4 cupfuls
No. 10	6 lbs., 10 ounces	13 cupfuls

To determine the quantity of food required, multiply the amount of the average serving by the number of persons to be fed, including the workers. It is advisable to allow for a small margin above this amount.

General Rule: 1 gallon of food (salads, puddings, escalloped dishes, vegetables, creamed meats) gives 25 generous servings.

Quantities Needed to Serve Fifty People

The quantities are suggested for use when each food is to be part of a whole meal. For occasions when particularly generous servings are needed the amount should be increased. Calculate by increasing the individual serving to the size desired and then multiply by fifty.

TABLE NO. II—AMOUNT OF FOOD NEEDED FOR 50 SERVINGS

Food (as purchased)	Individual portion	For 50 servings (as purchased)
Apples	$\frac{1}{2}$ cup sauce 1 piece pie	18 lbs. apples or 1 $\frac{1}{2}$ pecks
Beans, dry navy	$\frac{3}{4}$ cup cooked	3 $\frac{3}{4}$ quarts or
Beans for baking	$\frac{3}{4}$ cup cooked	7 $\frac{1}{2}$ lbs.
Beans, lima dried	$\frac{3}{4}$ cup cooked	4 quarts or 6 $\frac{1}{4}$ lbs.
Beef chipped to be served creamed	1-1 $\frac{1}{2}$ oz.	3 $\frac{3}{4}$ to 5 lbs.
Beef roast	6 oz.	20 lbs.
Beef round (ground for patties or meat loaf) . .	$\frac{1}{4}$ - $\frac{1}{3}$ lb.	15-18 lbs.
Bread (whole wheat 1 lb. loaf)	3 half slices	5 loaves
Bread, white (1 lb. loaf sliced = 18 to 20 slices) 28 sandwich slices)	2 slices	7 loaves
Bread — Rolls	1 $\frac{1}{2}$ -2	6-8 doz.
Butter—average butter cutters cut 48 to 52 pats to the pound	1 $\frac{1}{2}$ -2 pats	1 $\frac{1}{2}$ -2 lbs.
Cabbage (raw shredded for salad)	$\frac{1}{2}$ cup	8 lbs.
Carrots	$\frac{1}{2}$ cup cooked $\frac{1}{3}$ cup raw diced	12 $\frac{1}{2}$ lbs. (about 1 pk.) 7 lbs.
Celery		6-8 bunches
Cheese—American	1 $\frac{1}{2}$ ounces	2 lbs.
Cheese—Cottage	$\frac{1}{3}$ cup	8 $\frac{1}{2}$ lbs.
Chicken (for creamed chicken, chicken pie or chicken salad)	1 $\frac{1}{2}$ oz. meat (generous $\frac{1}{4}$ cup)	20 lbs. dressed
Chicken (roasted or fricasseed)	8 oz. meat and bone	25 lbs.
Chocolate	$\frac{1}{3}$ oz. +	1 lb.
Cocoa	2 teaspoons	2 cups
Coffee (2 gal. water and 1 lb. coffee)	1 $\frac{1}{2}$ cups (liquid)	3 gallons 1 $\frac{1}{2}$ lbs.
Corn—canned	$\frac{1}{4}$ cup	6 cans
Cream (for coffee)	2 tablespoons	1 $\frac{1}{2}$ quarts
Cream, whipping (to top desserts)	1 heaping tablespoon	$\frac{3}{4}$ quart
Ham (whole to be baked)	$\frac{1}{4}$ to $\frac{1}{3}$ lb.	16-20 lbs.
Ham (to be cooked with escalloped potatoes) . .	$\frac{1}{8}$ to $\frac{1}{6}$ lb.	6-8 lbs.
Ice cream—bulk	$\frac{1}{3}$ to $\frac{1}{2}$ cup	7-8 quarts
Ice cream—bulk (served with a sauce)	$\frac{1}{4}$ cup	3 $\frac{1}{2}$ -4 quarts
Ice cream—brick	$\frac{1}{6}$ qt.	8 $\frac{1}{2}$ quarts
Jelly		6 glasses
Lemonade or Punch	1 cup	12 $\frac{1}{2}$ quarts
Lettuce (as garnish under salad)	1 or 2 leaves	4-5 heads
Lettuce (head lettuce salad)	$\frac{1}{4}$ head	12 heads
Nuts, salted	1 oz. meats	3-3 $\frac{1}{2}$ lbs.
Olives	2	2 quarts
Oysters—for stew (1 qt.=40-50)	6 oysters	5-7 quarts
For scalloping	$\frac{1}{3}$ cup	5 $\frac{1}{2}$ to 6 quarts

Food (as purchased)	Individual portion	For 50 servings (as purchased)
Pork Chops	1 chop	4 to lb.—12½ lbs. 5 to lb.—10 lbs.
Pork Roast (rib)	6 oz. meat and bone	18-20 lbs.
Pork Roast (fresh ham)		16-18 lbs.
Potatoes—To be mashed	4½-6 oz.	12-18 lbs.
To be scalloped	4 oz.	12½ lbs.
To be creamed	4 oz.	12½ lbs.
For stuffed, baked	½ potato (4 oz.)	25 large potatoes (about 15 lbs. or peck)
Potatoes, Sweet	4-6 oz.	12-15 lbs.
Potato Chips	1-1½ oz.	4-6 lbs.
Relish	1 rounded tablespoon	3 pints
Salad Dressing (boiled or mayonnaise)	1 rounded tablespoon	1½ quarts
Salad Dressing (French)	1 tablespoon	1 quart
Salmon, canned (for salmon loaf)	⅛ loaf made from 1-lb. can	6 lbs. 6 cans, No. 1 tall
Salmon, for salad	⅙ lb.	8 lbs. 8 cans, No. 1 tall
Sandwiches { bread		2 loaves
butter to spread		½-¾ lb.
filling to spread		⅔ quart
Tuna Fish, for salad	⅙ lb.	8 lbs.—8 No. 1 cans
Tomatoes—scalloped, stewed		2 No. 10 cans
Tomatoes (for salad)	3 servings out of 1 lb.	18 lbs.
Turkey	½ lb. meat and bone	25 lbs.
Sugar (small cubes for coffee)	2 cubes	1 lb. (100 cubes)
Veal Chops	1 chop	50 chops (about 15 lbs.)
Veal Roast	5-6 oz.	18-20 lbs.
Veal Steak—cut thin	4-6 oz.	12-18 lbs.

“Here let us feast, and to the feast be joined
Discourse, the sweeter banquet of the mind.”
—*Pope*.



TABLE NO. III—HELPFUL INFORMATION AS TO AMOUNTS

Apples — fresh	1 pound = 2 or 3 apples 2 pounds = 3 cups apple sauce or one 9-inch pie 1 bushel = 44-50 pounds	Carrots	1 pound = 3 to 5 grown carrots = 2¼ cups raw diced = 2 cups cooked 1 bushel = 60 pounds
Apples diced in ½-in. cubes.	1 pound = 4⅓ cups	Cheese	1 pound = 4 cups cut fine = 5 cups freshly grated
Bacon	1 pound = 15 wide slices = 30 medium thick slices = 50 thin slices	Chicken — dressed	3½ pounds = 2 cups, cooked and diced
Baking Powder	1 pound = 48 tablespoons	Chicken — cooked and cubed	1 pound = 3 cups
Bananas	1 pound = About 3 bananas = 2 cups sliced	Chocolate	1 pound = 16 squares 1 square = 1 ounce 1 square grated = 5 tablespoons
Beans, Lima — dried	1 pound = 2⅓ cups uncooked = 4⅔-7 cups cooked	Chocolate (cut fine)	1 pound = 3½ cups
Beans, Lima — fresh un- shelled	1 pound = ⅔ cup raw shelled = 2 scant servings 1 bushel = 60 pounds	Cinnamon — ground	1 ounce = 4 tablespoons
Beans, Navy — dried	1 pound = 2 cups uncooked = 4-6 cups cooked	Cloves	1 ounce = 4 tablespoons
Beans, String — fresh	1 pound = 3 cups cooked 1 bushel = 60 pounds	Cocoa	1 pound = 4½ cups
Bread	1 pound loaf = 18-20 slices = 28 sandwich slices 1 sandwich loaf = 36-40 slices ¼-in. thick	Coffee — dry ground	1 pound = 5 cups—48-56 cups brewed
Bread — soft broken	1 pound = 3⅓ cups	Corn	1 dozen medium sized ears = 3 cups corn cut from cob
Butter	1 pound = 2 cups—48-52 squares 1 pound = Enough to spread about 60 sandwiches	Cornmeal	1 pound = 3 cups
Butter — melted	2 ounces = 4½ tablespoons	Cornstarch	1 pound = 3 cups
Cabbage	1 pound = 3½ cups, shredded = 2½ cups cooked	Corn Syrup	11 ounces = 1 cup
		Crackers — 2 by 2 inch	1 pound = 108 crackers
		Graham	1 pound = 40 crackers
		Oyster	1 pound = 450-500 crackers
		Saltines	1 pound = 125 crackers
		Soda	1 pound = 70-90 crackers
		Cucumber	1 cucumber (¾-lb.) = 2 cups sliced = 1½ cups diced
		Dates	1 pound = 60 dates 10 ounce package = 2 cups pitted and chopped

TABLE NO. III—HELPFUL INFORMATION AS TO AMOUNTS (Continued)

<div>12</div> <p>Eggs — whole 1 pound = 8 eggs whole 1 cup = 4-6 eggs whites 1 cup = 8-11 eggs = $\frac{1}{2}$ pound yolks 1 cup = 12 eggs = $\frac{1}{2}$ pound</p> <p>Flour, Bread — sifted.... 1 pound = 4 cups Graham — sifted.. 1 pound = $3\frac{1}{2}$ cups Pastry — sifted.... 1 pound = $4\frac{1}{2}$ cups</p> <p>Gelatin — granulated.... 1 pound = 3 cups 2 tablespoons required to jell 3 cups liquid; use 3 tablespoons if very acid or large amount of fruit used</p> <p>Grapes — cut and seeded for salad 1 pound = $2\frac{1}{4}$ cups</p> <p>Hamburger Steak — raw.. 1 pound = 2 cups</p> <p>Lemons 1 crate = Large 300; small 360</p> <p>Lemon Juice 1 average lemon = 3 tablespoons</p> <p>Macaroni — broken..... 1 pound = 5 cups uncooked = 12 cups cooked</p> <p>Marshmallows $\frac{1}{4}$ pound = 16 marshmallows</p> <p>Nut meats — chopped.... 1 pound = 5 cups</p> <p>Nuts in shell 1 pound = 2 cups nut meats</p> <p>Oats, Rolled 1 pound = $5\frac{1}{2}$ cups, uncooked</p> <p>Olives 1 quart = 60-70 olives 1 pound = 32 olives</p> <p>Onions — chopped..... 1 pound = 3 cups</p> <p>Oranges 1 crate = { Large 80, 96, 100, 126 to crate Medium 150, 176, 200, 216 to crate Small 252, 288, 324 to crate</p>	<p>Orange Juice 1 orange = $\frac{1}{2}$ cup average</p> <p>Oysters 1 quart = Standards 60-80 = Selects 40-55</p> <p>Peanut Butter 1 pound = $1\frac{3}{4}$ cups</p> <p>Peas in pod..... 1 pound = $1-1\frac{1}{4}$ cups shelled = 2 to 3 servings</p> <p>Pickles — whole sweet.... 1 pound = 16 three-inch or 22 two-inch</p> <p>Pineapple 1 medium = 2 pounds; 3 cups diced</p> <p>Potatoes, Irish, unpeeled .. 1 pound = $\frac{3}{4}$ pound peeled = $2\frac{1}{3}$ cups diced = $2\frac{1}{4}$ cups mashed</p> <p>Prunes — dry 1 pound = 40-60 average size = 4 cups, cooked and drained = 2 cups, cooked and pitted</p> <p>Raisins, Seeded 15 ounce package = $3\frac{1}{4}$ cups Seedless 15 ounce package = About 3 cups</p> <p>Rice 1 pound = 2 cups, raw = 8 cups, cooked</p> <p>Sugar, Brown 1 pound = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups Granulated 1 pound = 2 cups Loaf 1 pound = 50-70 lumps Powdered 1 pound = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups</p> <p>Tea 1 pound = $6\frac{1}{2}$ to 8 cups dry; 320 cups beverage</p> <p>Tapioca 6 tablespoons minute tapioca to thicken 1 qt. liquid $\frac{1}{2}$ to $\frac{3}{4}$ cup pearl tapioca to thicken 1 qt. liquid</p>
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Points to Be Considered in Quantity Cookery



Cooking for a large number of people is not entirely a matter of expanding recipes and increasing amounts. Some foods cannot be successfully manipulated and cooked in large quantities. In some cases both texture and flavor are impaired by trying to handle too large a quantity. The penetration of heat through large masses is slow, and the evaporation of moisture from large quantities of food is also slow. It is difficult in handling a large quantity to incorporate just the right amount of seasoning to enhance the natural flavor of the food. Suitable tools and cooking utensils for handling large quantities are not always available.

Since quantity cookery does present difficulties a few suggestions are offered for consideration.

TO HANDLE AND COOK MEATS

1. Meat may be ordered a day or two early but wait until the day it is to be served to have it cut into chops, steaks, roasts, or ground for hamburger or meat loaf. Upon delivery, it should be removed as soon as possible from the paper wrapping and put away in a cold clean place. Be sure to purchase all bones with the meat as they add to the flavor; or if removed, they may be boiled for stock for gravy or soups, or may be added to give flavor in cooking of vegetables such as navy beans, lima beans, green beans, cabbage, etc.

2. Remember in cooking the less tender cuts that long, slow cooking with moisture is best for softening the tissues.

In general, short, quick cooking with dry heat is recommended for tender cuts such as porterhouse steaks, low temperature with dry heat for a longer time for tender roasts such as prime rib roast. Never overcook meat. When it is cooked to the desired stage remove it from the heat to avoid undue shrinkage and dryness.

Season and moisten ground meats and mold into loaves or cakes, making sure the surface is smooth. Cracks in the surface which cannot be perfectly seared are the places where delicious juices escape. Baste while cooking.

3. Roasts and baked ham may be sliced ahead of time, but the slices should be stacked or left intact and be covered with oil paper to prevent drying out.

Chicken may be cooked and diced ready the day before but should be thoroughly cooled and covered with wax paper. Meats of all kinds should be kept hot or cooled quickly and thoroughly. It should not be allowed to stand any length of time in a semi-heated condition.

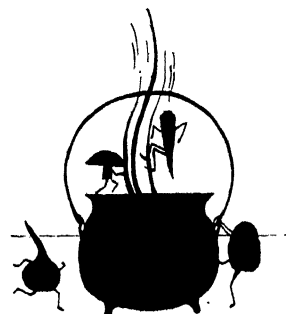
Large quantities of meat or gravies or sauces should be divided for cooling, as even ice box coolness will not penetrate a large mass and spoilage is apt to take place.

Recipes for preparing meat dishes will be found on pages 26 to 29.

TO PRESERVE THE COLOR, TEXTURE, AND FLAVOR OF VEGETABLES

1. Be sure that all vegetables are fresh and crisp. Drop green vegetables into rapidly boiling water and cook uncovered—at least with the lid ajar—for the shortest possible time. Cook green vegetables until just tender. Two of the known vitamins and all of the mineral salts dissolve in water, therefore cook in as little water as possible. Either boil down the water in which vegetables are cooked or utilize it in soup, gravy or some other dish.

2. Since some of the vitamins are affected by alkalis, soda should not be added to vegetables while cooking, and salt should be added just before removing the vegetables from the fire, using a teaspoon of salt to a quart of vegetables.



3. White vegetables do not darken unless over-cooked. They have much better texture and flavor if cooked until just tender. Turnips and onions may require long cooking, but cabbage and cauliflower will cook in from twelve to fifteen minutes after the boiling point has been reached. More vegetables are ruined by over-cooking than anything else. Cooked vegetables should have a tender but firm texture. Over-cooking is harmful to texture and appearance, as well as to food value and flavor. Therefore cook vegetables only until tender, and serve as quickly as possible after cooking.

4. See that potatoes are well drained and dried before mashing. Mashed potatoes may be kept hot by standing the container in a pan of hot water. During the serving, add hot milk from time to time and whip vigorously in order to keep fluffy.

Recipes for preparing vegetable dishes will be found on page 29.



TO PREPARE AND SERVE SALADS

The success of the salad depends upon careful preparation; upon the cooling and draining of the ingredients; upon arranging them attractively; upon using the type of dressing best suited to the salad; and upon serving a salad suitable to the occasion.

To Keep Crispness and Flavor in Salad Greens

Select lettuce, cabbage, endive, spinach, watercress, parsley, beet and turnip greens that are fresh and tender. Wash, drain, place in cloth bag or wrap in towel, and put in a cool place until ready to serve.

If necessary to freshen, do not let the vegetable stand in cold water more than 20 minutes. In the case of cabbage or head lettuce, the head may be placed in cold water for a few minutes.

Do not shred cabbage more than an hour before serving time. Cover with a damp cloth or oil paper and put in a cool place. The shredded cabbage may stand in ice water if carefully drained before adding salad dressing, or it may be plunged in cold water and placed in a colander to drain. Put colander where there is a good circulation of air.

To Prepare and Combine Materials

Put together only those foods which go well together because of their suitability of flavor, texture, and color. Use whole or cut in attractive shapes so that they are readily distinguishable in the salad. Do not combine too many materials in one salad or cut the materials too fine.

Soft materials such as soft fruits and cooked potatoes should be left in large pieces. Meat should be cut in cube-like pieces, cutting across the grain. A pair of kitchen scissors are convenient for cutting many things. Fish should be boned and flaked. Hard cooked eggs may be sliced, chopped, or the yolk and white separated and used as garnish. The yolks may be pressed through a coarse sieve. Cheese may be rubbed through a sieve or grated. Raw carrots or turnips may be ground, using the coarse knife of the meat grinder or grated. All the more solid vegetables, including beets, may be cut in attractive shapes—sections, wedges, dices, slices, circles, strips.

“Use onion if you must or garlic if you dare,” but use sparingly and blend well with other ingredients.

A sprinkling of lemon juice helps apples, pears, and bananas to keep their fresh color. Juicy fruits should be well drained before combining in the salad.

If a cooked salad dressing, mayonnaise, or sour cream dressing is to be combined with any salad it should be done at the last possible minute before serving so that it will not draw

the juices from the ingredients. Even at community meals this may be done by taking ingredients in a bowl wrapped in wax paper and the dressing in a jar.

Vegetable and meat salads are improved in flavor by marinating with French dressing. Put ingredients in a bowl. Pour French dressing over them. Use your lightest touch to toss all ingredients together. If a large quantity is to be prepared, divide into conveniently small lots for mixing. See to it that every little piece gets its share of dressing. Add the top dressing and garnish just before the salad goes to the table.

Pay particular attention to the arrangement of the salad ingredients in the bowl or on the plate. Shape the lettuce leaves like a cup or nest to hold the salad. Leaf lettuce may be shredded and served as a nest for the salad or as a garnish. Do not hesitate to use garden leaf lettuce. Experimental work reveals the fact that it is somewhat higher in iron and vitamins than head lettuce.

Attractive garnishes make the salad itself irresistible. Watercress, parsley, curled celery, radish roses, pickle fans, red and green pepper rings, hard cooked eggs, beets cut in fancy shapes, etc., may be used for the vegetable or meat salad; and cherries, cocoanut, jelly cut in small cubes, mint sprigs, nuts, cheese in balls or shaped as little carrots, apples, whipped cream, etc., for the fruit salad.

Suiting the Salad to the Occasion:

Salad served with or following the main course of a meal should be light and appetizing, never elaborate, and should be planned to round out or balance the other dishes. A crisp, green salad served with French dressing or one of its variations is suitable. Non-starchy vegetables such as asparagus, celery, cucumber, onion, tomato, or a tart fruit such as grapefruit or orange may also be used.

The salad may take the place of one of the two leafy green vegetables or fruits so highly recommended. Fruit and vegetable salads add color, flavor, and nutritive value to the meal. They stimulate appetite and aid digestion. They furnish valuable mineral salts. They build body resistance and help prevent acidosis. They furnish easily digested food energy. Garden and orchard foods are classed as protective foods.

With a vegetable dinner cheese and egg salads give a well balanced combination.

The salad may almost be the meal in itself when serving the luncheon, supper, or buffet luncheon. It should then be more substantial and more elaborate. It may consist of meat, chicken, fish, shell fish, egg or cheese combined with vegetables or fruits. Celery, cabbage, cauliflower, peas, and tomatoes are frequently used. Pineapple, apples and raisins are frequently combined with chicken and various types of cheese. These salads may be plain or jellied, but are usually served with mayonnaise or a rich cooked dressing.

The meal, even when guests are present, may properly end with a salad. For the "dessert salad" fruits are most suitable. Bananas, cherries, dates, figs, grapefruit, oranges, apples, peaches, apricots, pears, pineapple and even canteloupe and other melons may be served alone or in combination.

The frozen or jellied salad is usually served with mayonnaise or fruit salad dressing with whipped cream.

Fruits are attractive and suitable, served in their natural state. The plain salad may be served with any sort of dressing with a cheese ball, wafer, or thin sandwich of white, brown, nut, or date bread. Berries in season such as strawberries, red and black raspberries, and blackberries make a tasty and attractive garnish.

"The true essentials of a feast are only fun and feed."

O. W. Holmes.

TO HANDLE FLOUR MIXTURES

Measuring:

Standard measuring utensils should be used.

All measurements should be level.

In quantity cookery, weighing is often more accurate than measuring.

Always measure recently sifted flour.

Baking powder, soda, salt, and spices should be sifted with the flour, as this distributes them evenly through the mixture.

Double action or slow baking powder is used in the proportion of 1 teaspoon of baking powder to 1 cup of flour. "Quick action" baking powder is used in the proportion of 2 teaspoons to 1 cup flour. Be sure to read the label of your can and know what kind you are using.



When using sour milk, sour cream, or molasses for the liquid in flour mixtures, soda is used to neutralize the sour flavor and to produce a leavening gas. Use $\frac{1}{2}$ teaspoon soda for 1 cup of medium sour milk and $\frac{1}{2}$ teaspoon soda for 1 cup of baking molasses. The soda need not be stirred into the sour milk or molasses. It is preferable to sift it with the flour.

Fats may be substituted for each other but one must consider the amount of water they contain.

Table of Equivalents

- 1 cup butter = 1 cup lard minus 2 tablespoons and salt
- 1 cup chicken fat = 1 cup lard minus 2 teaspoons
- 1 cup 18% cream = $\frac{3}{4}$ cup milk plus $3\frac{1}{2}$ tablespoons fat
- 1 cup 40% cream = $\frac{1}{2}$ cup milk plus $7\frac{1}{2}$ tablespoons fat

Various sugars may be substituted for each other but one must consider moisture and consistency.

- 1 cup sugar = 1 cup molasses minus $\frac{1}{3}$ cup liquid
- 1 cup sugar = 1 cup honey minus $\frac{1}{2}$ cup liquid
- 1 cup granulated sugar = $1\frac{1}{3}$ cups brown sugar
- 1 cup granulated sugar = $1\frac{1}{2}$ cups powdered sugar

Mixing and Handling

The way ingredients are combined can make or mar the product. In handling quantities the mixing bowl should not be crowded with material. The bowl should not be more than half full when all the ingredients are in it. This means that the depth of the batter is about two-thirds that of the bowl.

It is not wise to try to handle batters and doughs in large quantity unless a mechanical mixer is available.

If biscuits are to be made for sixty people or more divide the large recipe into five even portions.

In the making of gingerbread and cakes do not try to handle mixture for more than 25 people at one time.

A large quantity of flour and fat for pastry can be mixed at one time by hand, but only sufficient quantity for half a dozen pies should be moistened at once.

Over-mixing causes a loss in volume, inclination to heaviness, and a less velvety texture.

Baking

The baking is very important in the final success of the product. Too often good mixtures have been partly or utterly ruined in the baking. The oven thermometer and heat con-

trol are making accuracy in baking possible. Portable thermometers are now available at moderate cost.

Table of Baking Temperatures:

Slow oven	250-350° F.
Moderate oven	350-400° F.
Hot oven	400-450° F.

Halliday and Noble, in their book entitled "Hows and Whys of Cooking," suggest the following baking temperatures:

Angel food and sponge cakes, 300° F.

Cakes containing fat:

- Set oven at 350° F. for a tartrate or calcium-phosphate baking powder;
- at 300° F. for a S.A.S. (sodium aluminum sulphate)-phosphate baking powder.

Bake cake as follows:

For tartrate or calcium-phosphate baking powder:

1. Layer cake—at 350° F. during the first 10 minutes, then at 375° F. for about 20 minutes longer.
2. Loaf cake—at 350° F. during the first 20 minutes, then at 375° F. for about 20 minutes longer.
3. Cup cakes—at 350° F. during the first 10 minutes, then at 375° F. for about 15 minutes longer.

For a S.A.S. (sodium aluminum sulphate)-phosphate baking powder:

1. Layer cake—at 300° F. during the first 10 minutes, then at 375° F. for about 25 minutes longer.
2. Loaf cake—at 300° F. during the first 20 minutes, then at 375° F. for about 25 minutes longer.
3. Cup cakes—at 300° F. during the first 10 minutes, then at 375° F. for about 15 minutes longer.

Muffins:

- Set oven at 425° F. if a tartrate or calcium-phosphate baking powder is used.
- Set oven at 300° F. if a S.A.S. (sodium aluminum sulphate)-phosphate powder is used.
- If a tartrate or calcium phosphate baking powder is used, bake at 425° F.
- If a S.A.S. (sodium aluminum sulphate)-phosphate powder is used, bake at 300° F. for about 5 minutes (or until the batter has risen to almost double its original height), then at 425° F. for about 15 minutes longer.

Baking powder biscuit—Bake at 425° F.

Rolls—Bake at 425° F.

Thickening Power of Flour

One tablespoon flour with each cup of liquid: Makes a thin sauce for use in making cream soups of average thickness.

Two tablespoons flour with each cup of liquid: Makes a medium sauce about the thickness of heavy cream, for use in preparing creamed meats, vegetables, scalloped dishes, gravies, or other sauces where a medium thickness is desired.

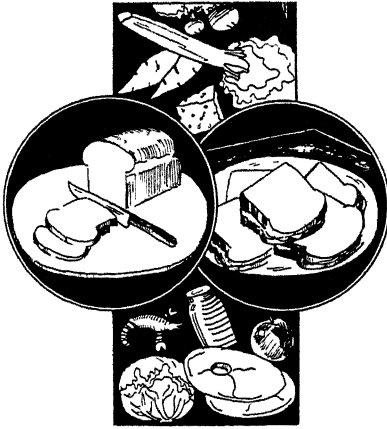
Three tablespoons flour with each cup of liquid: Makes a thick sauce for use in preparing creamed meats, vegetables, scalloped dishes, gravies, or sauces where a thick sauce is desired.

Four tablespoons flour with each cup of liquid: Makes a paste when cold, and is to be used in making mixtures for croquettes, souffles, blanc manges and similar puddings.

Proportionately more flour is required to thicken a large quantity of cream pie filling, white sauces, etc., than is used in small quantities, because there is a smaller quantity of liquid that evaporates in the cooking process.

Recipes for Flour Mixtures may be found on page 33.

TO MAKE SANDWICHES



As a rule, bread for sandwiches should be 24 hours old. Fresh bread is necessary for rolled or folded sandwiches.

A sharp knife is helpful in cutting the bread evenly.

For dainty sandwiches slice bread as thin as possible.

For substantial sandwiches cut $\frac{1}{4}$ to $\frac{1}{3}$ inch in thickness. One-pound loaf cuts from eighteen to twenty slices.

Use a variety of breads such as rye, raisin, date, and Boston brown bread.

In making a large number of sandwiches, have the butter creamed, fillings and mayonnaise ready before cutting the bread.

Cut three or four loaves of bread at one time and lay out slices in pairs on work table.

Spread all slices evenly to the edge with butter, working across the rows from left to right. It will take $\frac{1}{2}$ to $\frac{3}{4}$ pound butter for fifty sandwiches. The butter should be creamed.

Spread every other slice with filling. About 2 quarts of filling will be required for fifty sandwiches when two full slices are used for each sandwich.

The filling may be of meat, fish, eggs, cheese, peanut butter, chopped vegetables, nuts, or dried fruits. The meat should be cooked until very tender and sliced in thin slices or chopped for filling. Be sure to remove gristle and superfluous fat.

Vegetables such as a leaf of lettuce, watercress, chopped parsley, a thin slice of tomato, etc., may be combined with the meat and salad dressing.

Lemon juice or a tart salad dressing is an addition to a fish sandwich. Chopped celery, cucumber, or pickle is tasty in a fish sandwich.

All kinds of cheeses lend themselves readily to sandwich making. Celery, pickles, and green peppers make a nice addition.

Peanut butter is more palatable and goes much farther if creamed and thinned with hot water, cooked mayonnaise, chili sauce, or sour cream. Chopped celery, pickle, or raisins make a tasty addition.

Various vegetables such as celery, cabbage, carrots, peppers, watercress, spinach, onions, etc., may be chopped and used singly or combined, and salad dressing added to make a sandwich filling. Be sure vegetables are fresh and crisp.

Sandwiches prepared from raisin, date, or fig filling, with the addition of nuts and celery, are delicious.

When the filling has been arranged, put the slices together and cut in the desired shape. The sandwich may be cut in two or three oblong strips, two or four triangles, four squares, or in irregular shapes.

Wrap the sandwiches in oil paper. Colored or rainbow as well as white oil papers are available.

When several varieties of sandwiches are being served to a large group, each variety should be labelled so that choice may be made without opening the sandwich. Attractive labels may be printed for each tray or basket.

To Keep Sandwiches Moist and Fresh

Sandwiches, except when vegetables and dressings are used, may be prepared early in the day, wrapped in a slightly dampened cloth or oil paper, placed in a stone jar or tight bread

box, and put in a cool place. Even vegetable sandwiches may be made early if they can be kept in an ice box.

Meat sandwiches may be opened and fresh vegetables and dressing added just before serving. When convenient and possible it is preferable to have all ingredients ready and put the sandwiches together just before serving.

It adds to the attractiveness of sandwiches to cut them in interesting shapes and to garnish the plate or basket in which they are served. Watercress, parsley, celery plumes, fresh sprigs of green, and berries or any small bright flowers and foliage which do not wilt readily may be used.

Sandwich Combinations

Meat, Fish, Cheese and Egg Sandwiches:

1. Sliced meat such as beef, veal, mutton, chicken, pork, ham, tongue, lettuce leaf, and mayonnaise.
2. Sliced ham or crisp bacon strips, or sliced meat loaf or corned beef, slice of tomato, and mayonnaise.
3. Sliced ham, corned beef or pork, pickle, horseradish, or chili sauce.
4. Chopped or ground beef, pork or chicken moistened with gravy, cream, or mayonnaise.
5. Chopped or ground beef, pork, chicken or ham, chopped celery, pickle or olive, salad dressing.
6. Salmon or tuna fish, chopped celery and pickle or olive or pickle relish, mayonnaise. Thin slices of cucumber may be used instead of the pickle or pickle relish.
7. Sausage or meat pudding, well-cooked and drained of fat, pickle or pickle relish or chili sauce.
8. Hard cooked egg, chopped and moistened with cream or salad dressing.
9. Hard cooked egg, crisp bacon and pickle chopped coarse, salad dressing, and lettuce.
10. Hard cooked egg, celery and green pepper chopped, slice of tomato, and salad dressing.
11. Devilled egg chopped, salad dressing.
12. Cottage cheese, chopped celery or cucumber, chopped green pepper, salad dressing.
13. Cottage cheese and shredded pineapple.
14. Cottage cheese spread on one side of bread—apple butter, tart jelly such as cranberry or currant, or preserves or marmalade on the other side of bread.
15. American cheese creamed, chopped green pepper or parsley, chopped celery, salad dressing.
16. Pimento cheese, lettuce, salad dressing.

Note.—Any of the above sandwiches may be toasted. If tomato or lettuce is included, add after toasting.

Vegetable Sandwiches:

Be sure that vegetables are crisp and fresh.

1. Finely chopped cabbage, green pepper, and celery, salad dressing.
2. Finely chopped cabbage, carrot, green pepper, and celery, salad dressing.
3. Finely chopped carrot and salted peanuts, salad dressing.
4. Finely chopped cabbage and peanuts, salad dressing.
5. Finely chopped cabbage and shredded pineapple, sour cream or salad dressing.
6. Chopped watercress, pickle relish, and mayonnaise.
7. Thin slices of cucumber and tomato with lettuce leaf and mayonnaise.
8. Lettuce, bacon, and salad dressing.
9. Tomato, bacon, and salad dressing.

Miscellaneous Sandwiches:

1. Nut bread and butter.
2. Nut bread, lettuce, and mayonnaise.
3. Nut bread, relish, cheese.
4. Brown bread, raisins, figs or dates, nuts, with lemon or orange juice or salad dressing.
5. Raisin bread and butter.
6. Raisin bread with marmalade or cheese.
7. Date bread and butter.
8. Date bread, cheese, lettuce, and salad dressing.

TO HEAT ROLLS

Leave rolls in sack or paraffin wrapper. Heat slowly in oven. Leave in wrapper until serving time. These rolls will be hot and moist. Rolls may be heated in pans by sprinkling lightly with water and covering before placing in oven.

FROZEN DESSERTS—HOW SHALL WE FREEZE THEM?

In the summer time frozen desserts are favorites with young and old alike because they are both nutritious and refreshing. During very hot weather it may be desirable to serve sherbets and ices instead of ice cream, since they are less rich and decidedly cooling. In rural communities frozen desserts are often made in winter because ice is available. They are even more economical than in summer.

Knowing the how and why of freezing will bring satisfaction and success. The following general method may be followed.

Scald the can and cool. Adjust the dasher and pour in the material. When fresh whole fruit is to be used do not add to the mixture until it is half frozen so that it may not become too hard. The can should not be filled more than two-thirds full, as the mixture will expand during the freezing.

Put the freezer together and fill the space between the can and the tub with cracked ice up to one-third the height of the can. The smaller the pieces into which the ice is broken the faster the ice cream will freeze.

Add ice and salt in alternate layers until the tub is filled even with the top of the can. A cheap, coarse salt is quite satisfactory to use. The ice and salt should be used in correct proportion. Experiments done by the Household Refrigerator Bureau of the National Association of Ice Industries indicate that eight measures of ice to one of salt make the most satisfactory ice cream. These are proportions by volume. This proportion will give a product of smoother texture and greater volume than when larger amounts of salt are used. Only two minutes more are needed for freezing a quart of cream with the eight to one proportion than are needed when a three to one proportion is used.

Salt is wasted by putting it into the freezer too near the bottom of the pail. The salt melts the ice and in melting the ice draws heat from the ice cream mixture. Salt on the bottom of the freezer has little action on the ice.

Water may be added until it runs from the overflow. Be sure this is kept open. Alternate layers of ice and salt should be added from time to time to keep the tub full.

Turn the crank slowly and evenly until the mixture has reached a fairly stiff consistency. Wipe off the top of the can. Remove the dasher, stir down the mixture. Cover the top with wax paper, return the lid to place and cork the hole in the top. It is a good plan to draw off the brine and refill the tub with ice and salt. If the housewife can allow only a short time for the ice cream to ripen, the customary proportion of four parts of ice to one of salt is desirable. Newspapers and an old bag or blanket may be tied over the top of the freezer to help keep it cold. Flavor is improved by ripening.

When serving time comes it is well to have the dishes as cold as possible.

Recipes for Frozen Desserts will be found on page 36.

SUITING THE BEVERAGE TO THE SEASON AND OCCASION

To Make Good Coffee

1. Be sure that the coffee pot is absolutely clean. Coffee pots should always be thoroughly cleaned, scalded and left open to air. Scouring twice a week helps to free the pot from sediment.

2. Purchase fresh coffee not more than one or two days before it is to be served. Have it ground medium fine for boiled or percolated coffee.

3. Use 2 tablespoons (level) of ground coffee for each standard measuring cup of water used. One and one-half pounds of coffee and 3 gallons of water will make coffee for 50 people.



4. Use one of the following methods:

(a) Boiled Coffee.

Measure cold water and coffee as above.

Coffee may be put into loosely tied bag if desired.

Put in pot and bring slowly to the boiling point, stirring coffee down occasionally.

Remove from fire and let stand 3 to 5 minutes. Remove the bag.

Pour a little cold water into the pot to settle the grounds. Strain and serve.

(b) Boiled Coffee Cleared with Egg.

Count on 1 teaspoon of egg or 2 eggshells for each cup of water. One egg beaten will give 10 to 12 teaspoons of egg; 4 eggs will clear coffee for 50 people. Combine egg with ground coffee, mix slightly. Tie loosely in bag. Put water in and proceed as above.

(c) Percolated Coffee (possible for small groups).

Put coffee in upper part of percolator.

Pour cold water through the coffee.

Cover and percolate gently 5 to 7 minutes or until desired strength is reached. Large quantities must be percolated longer than small quantities.

5. Keep coffee hot but on no account permit it to boil. Reheating is also detrimental to flavor.

To Make Tasty Tea

Hot Tea.—The general rule is $\frac{1}{2}$ to 1 rounded teaspoon of tea to 1 cup of freshly boiled water. It will take from $\frac{1}{8}$ to $\frac{1}{6}$ pound of tea to make 50 cups.

Use a porcelain, earthenware, china or glass tea pot to insure good flavor.

Heat the teapot by pouring boiling water into it. Pour out this water, put the measured tea leaves in bag in the heated pot.

Pour over them the freshly boiled water.

Cover and steep three minutes. Never boil tea.

Do not let the tea stand on the leaves any length of time. Strain off grounds or remove tea bag or ball.

Or, put tea in strainer and pour water through it.

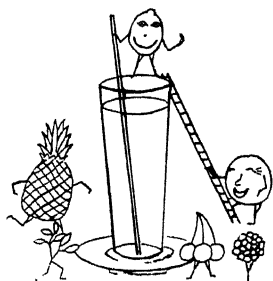
Serve with sugar and cream or thin slices of lemon or orange. Cloves may be stuck in the slices of fruit, or two or three dropped in the cup.

Iced Tea.—Make stronger than for hot tea, for the ice will dilute it. Use 1 to 2 teaspoons to 1 cup of freshly boiled water.

For quantity use, tea bags are available which contain 2 ounces of tea. Each of these will make 2 gallons of tea. Two quarts of boiling water may be added for steeping; when the bag is removed, immediately dilute to 2 gallons. Chill and add ice at serving time.

The reason for cloudy iced tea is making the tea very strong and later diluting with cold water. The tannin being less soluble in cold than in hot water is precipitated, giving a cloudy tea.

Iced tea is frequently substituted for all or part of the water in making fruit drinks.



Fruit Beverages

1. In making large quantities of fruit drink it is always better to prepare a sugar syrup. A refreshing drink needs zest. Only enough sugar should be added to enhance the natural flavor.

2. The combinations of fruit juices are almost unlimited. In combining two or more juices it is best to have one predominating flavor. Ingredients should be well blended. A bit of salt improves the flavor.

3. Serve all fruit drinks thoroughly chilled.

A Few Good Fruit Juice Combinations:

Apple—with plum, red cherry or pineapple.
Cherry—delicious with any mild juice.
Currant—with black or red raspberry.
Gooseberry—spices, red raspberry, orange,
or pineapple.

Grape—with orange and lemon.
Peach—orange and lemon.
Rhubarb—cherry, blackberry, or raspberry.
Rhubarb—orange.

Garnishes for Fruit Drinks:

Red cherries.

Thin slice of lemon or orange.

Sprig of mint.



Suggested Menus for Various Types of Community Meals

COMBINATION MEALS

Where one hot dish and the drink are prepared at the meeting and the rest of the food is brought from home, or where all the food except the drink is brought from home.

No. 1

	Oyster Stew	Apple-Raisin or Pumpkin Pie
Crackers	Potato Salad or	Milk or Chocolate or Coffee
	Kraut or Cabbage Salad	

No. 2

	Home-made Chop Suey or Vegetable Soup	
Crackers	Fruit Salad	Celery and Carrot Strips
		Milk, Coffee, or Chocolate

No. 3

Sandwiches (fresh Pork, Sausage, or Ham)	Fruit Salad	Coffee or Milk or Chocolate
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No. 4

	Scalloped Chicken and Noodles	Milk, Coffee, or Hot Chocolate
Rolls	Jelly	Home Made Ice Cream with Fruit Sauce
	Home Made Pickle	

No. 5

Scalloped Potatoes and Ham or Dried Beef Home made Mixed Pickle or Chopped Pickle Whole Wheat Bread and Butter Cookie or Gingerbread	Canned Fruit such as Peaches, Pears or Cherries Milk, Cocoa or Coffee
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No. 6

Cold Roast Chicken or Fried Chicken or Pork or Ham or Meat Loaf Potato Salad with Sliced Tomato or Mixed Vegetable Salad Rolls Ice Cream with Crushed Fruit	Jelly Coffee, Cocoa or Milk
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FALL AND WINTER COMMUNITY MEALS SERVED CAFETERIA STYLE

<p style="text-align: center;">1.</p> Cheese Loaf Scalloped Tomatoes Buttered Cabbage Whole Wheat Bread and Butter Apple and Raisin Pie or Peach and Raisin Pie Milk Coffee	<p style="text-align: center;">3.</p> Boston Baked Beans Chili Sauce, Catsup, or Horseradish Brown Bread Marmalade Cabbage Slaw or Apple, Celery and Raisin Salad Milk Cherry Pie Coffee
<p style="text-align: center;">2.</p> Pork Meat Pie Creamed Lima Beans Pickle Relish Spoon Bread or Corn Pone and Apple Sauce Milk Coffee	<p style="text-align: center;">4.</p> Hamburger Steak Browned Potatoes and Gravy Buttered Peas Mixed Pickle Whole Wheat Bread and Butter Fruit Cup Devil's Food Cake Milk Coffee

SPRING AND SUMMER COMMUNITY MEALS SERVED CAFETERIA STYLE

<p style="text-align: center;">1.</p> Scalloped Chicken and Noodles Potato Chips Spiced Peach, Crabapple, or Melon Pickle Raisin or Orange Bread and Butter Sandwich Five-Three Ice Marble Cake Milk Coffee Hot or Iced	<p style="text-align: center;">3.</p> Sliced Chicken or Jellied Chicken New Potatoes Creamed Spring Vegetable Salad with French Dressing (Lettuce, radishes, celery, cabbage, tomato, carrot, onion, etc.) Bread and Butter Sandwich Ice Cream with Fresh Fruit Sauce (Strawberry, raspberry, cherry, peach, etc.) Angel Food Cake or Sponge Cake Milk Iced Tea or Coffee
<p style="text-align: center;">2.</p> Cold Sliced Meat and Relish Corn Custard or Scalloped Corn Rolls Strawberry Preserves Sliced Tomatoes Iced Melon Lemon and Orange Ade	<p style="text-align: center;">4.</p> Meat, Fish or Cheese Sandwich Potato Salad or Fruit Salad Gold Cake with Chocolate Frosting Mint Ice Cream Lemonade

BANQUET MENUS

- | | |
|---|--|
| <p style="text-align: center;">1.</p> <p>Tomato Juice
Baked Ham or
Roast Pork or
Pork Chops
Apple Sauce with Horse Radish
Glazed Sweet Potatoes or
Mashed Potatoes and Gravy
Rolls Cranberry Jelly or Gooseberry Jam
Pumpkin Pie with Whipped Cream or
Gingerbread with Whipped Cream
Cocoa or Milk for children
Coffee for adults</p> | <p style="text-align: center;">3.</p> <p>Meat Loaf
(Beef, Veal or Ham)
New Creamed Peas and Potatoes
Sliced Cucumber and Tomato, Lettuce
Salad garnished with Hard Cooked Egg
or Cucumber, Carrot and Pineapple
Jellied Salad
Bread and Butter
Fruit Sherbet or Ice Cream
(garnish with berries)
White Cocoanut Cake
Cold Milk Iced Tea or Iced Coffee</p> |
| <p style="text-align: center;">2.</p> <p>Sliced Roast Chicken or Turkey with
Sausage Stuffing
or Chicken Pie
Mashed Potatoes or Browned Potatoes
with Giblet Gravy
Scalloped Corn
Celery Cranberry Relish
Rolls or Hot Biscuit Jelly or Fruit Butter
Ice Cream with Butterscotch or Chocolate
Sauce
Small Cakes or Cookies Coffee for adults
Cocoa or Milk for children</p> | <p style="text-align: center;">4.</p> <p>Cold Sliced Meat with Devilled Egg
and Lettuce or Chicken Salad
Potato Chips Lima Bean Succotash
Raisin Bread or
Date Bread and Butter Sandwiches
Marmalade
Cherry Pie or Peach Cobbler
or Watermelon
Cold Milk or Rhubarb Punch for children
Iced Tea or Iced Coffee
or Rhubarb Punch
for adults</p> |

LIGHT REFRESHMENTS

1. Grape Juice with Whipped Cream — Butter Scotch Cookies
2. Apple Cider — Doughnuts
3. Hot Chocolate and Whipped Cream — Sugar Cookies or Sand Tart
4. Hot Tea—Slice of Lemon or Orange with or without cloves—Cinnamon or Pecan Roll
5. Tomato Juice Cocktail — Cheese Sandwich
6. Apple — Sugared Popcorn Ball
7. Rhubarb Punch — Nut-date Bread Sandwich and Cheese
8. Spiced Cherry Ade — Rolled Oats Cookies
9. Hot or Iced Coffee — Hot or Iced Chocolate — Meat Sandwich or
Cheese Sandwich or Marmalade Sandwich or Brown Sugar and Nut Sandwich
10. Orange or Lemon Punch — Chicken Salad Roll — Pickle — Potato Chips
11. Grape Milk Sherbet — Rock Cookie — Coffee (hot or iced) or Cocoa
12. Ice Cream — Butterscotch Sauce or Chocolate Sauce —
Cocoa — Nut Cake — Coffee
13. Devil's Food Cake or Angel Food Cake — Whipped Cream topped with Peach
Lemon Mint Ade or Coffee
14. Iced Cocoa or Chocolate with Whipped Cream Cocoanut Cake
Salted Nuts — Home-made Mints
15. Vanilla Ice Cream — One-half Fresh Peach — Sugar — Spice Prune Cake — Coffee

Suggested Recipes for Preparing Dishes Listed in Menus

Table of Abbreviations

t. = teaspoon
T. = tablespoon
c. = cup
pt. = pint
qt. = quart
gal. = gallon
oz. = ounce
lb. = pound

Table of Equivalents

3 t. = 1 T.
16 T. = 1 c.
2 c. = 1 pt.
2 pts. = 1 qt.
4 qts. = 1 gal.
2 c. liquid or fat = 1 lb.
2 T. liquid or fat = 1 oz.

MEAT AND MEAT-LIKE DISHES

Boston Baked Beans—

	Amounts Needed to Serve			Method of Mixing and Handling Ingredients
	25	50	150	
Beans	2 qts. (4 lbs.)	4 qts. (8 lbs.)	13 qts. (26 lbs.)	Pick over beans, cover with cold water and soak overnight. Bring to boiling point, and par-boil 15 minutes, or until skins burst when exposed to the air. Cut the bacon or pork into small pieces. Put equal quantities of beans and seasonings into each bean pot. It is advisable to cook only 25 servings in each bean pot.
Soda	1 t.	2 t.	6 t.	
Molasses	$\frac{1}{2}$ c.	1 c.	$3\frac{1}{4}$ c.	
Brown sugar	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$1\frac{3}{4}$ c.	
Mustard (dry)	1 t.	2 t.	6 t.	
Salt	3 T.	6 T.	1 c.	
Salt pork or bacon	1 lb.	2 lbs.	$6\frac{1}{4}$ lbs.	
Water	3 c.	6 c.	5 qts.	
Tomatoes	1 qt.	2 qts.	6 qts.	

Cook slowly six or eight hours or more, adding more water if needed. If tomatoes are not desired, water should be substituted for them.

Cheese Loaf—

Spaghetti	4 c. raw	8 c. raw	6 qts.	Cook spaghetti in boiling salted water until tender; drain and rinse. Scald milk and pour over bread crumbs. Chip cheese on slaw cutter or grate. Beat eggs slightly. Cut pepper in thin strips or chop. Combine all ingredients; pour into greased baking dish; sprinkle top with paprika. Bake in a moderate oven from 35 to 40 minutes.
Cheese	2 lbs.	4 lbs.	12 lbs.	
Bread crumbs	4 c.	8 c.	6 qts.	
Milk	4 c.	8 c.	6 qts.	
Eggs	8	$1\frac{1}{3}$ doz.	4 doz.	
Salt	3 t.	2 T.	6 T.	
Green pepper	2	4	1 doz.	

Scalloped Chicken and Noodles—

Use one-half the portion of Creamed Chicken recipe prepared for Chicken Pie (see page 27). Add to this the following amounts of noodles:

	For 25	50	150
Noodles	$1\frac{1}{2}$ lbs.	3 lbs.	9 lbs.

Cook noodles in broth. If sufficient chicken broth is not available use one-half milk. Place cooked noodles and creamed chicken in alternate layers in baking pans. Cover with buttered crumbs and bake in a moderate oven until golden brown in color.

Chicken Pie—

	Amounts Needed to Serve			Method of Mixing and Handling Ingredients
	25	50	150	
Chicken (cut or diced)	2 $\frac{1}{4}$ qts.	4 $\frac{1}{2}$ qts.	14 qts.	Melt fat (chicken fat may be used wholly or in part). Add flour and seasonings and mix well. Add liquid and boil until smooth and thick. Add diced chicken and celery.
or				
Chicken dressed (5 lb.)	3	6	18	Pour into baking dish or pan and cover with crust.
Chicken stock	2 $\frac{2}{3}$ qts.	6 qts.	18 qts.	
Milk	1 $\frac{3}{4}$ qts.	3 $\frac{1}{2}$ qts.	10 qts.	
Fat	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	1 $\frac{1}{2}$ c.	
Flour	$\frac{2}{3}$ qt.	1 $\frac{1}{2}$ qts.	4 $\frac{3}{4}$ qts.	
Salt	3 T.	6 T.	1 $\frac{1}{8}$ c.	
Celery cut fine	2 c.	1 qt.	3 qts.	

Note: If desirable to use less chicken, increase celery and add hard cooked egg. Pork may be substituted for chicken.

Crust

Flour (sifted)	1 qt.	2 qts.	6 qts.	It is best to mix crust for 25 persons only at one time.
Baking powder—				
Double action	4 t.	8 t.	8 T.	Sift flour, baking powder, and salt together. Rub or cut fat in until consistency of coarse cornmeal. Add milk and stir up lightly and quickly.
Quick action	8 t.	5 T.	1 c.	
Salt	1 t.	2 t.	2 T.	Pat out or roll out on well floured board until $\frac{3}{8}$ inch in thickness. Cut in biscuits with 2 $\frac{1}{2}$ -inch cutter.
Fat	$\frac{1}{2}$ c. or $\frac{1}{4}$ lb.	1 c. or $\frac{1}{2}$ lb.	3 c. or 1 $\frac{1}{2}$ lbs.	
Milk	1 $\frac{1}{3}$ qts.	2 $\frac{3}{4}$ qts.	8 $\frac{1}{2}$ qts.	

Place on top of creamed chicken mixture. Bake in hot oven (425°-450° F.) for 12 to 15 minutes.

Note: The creamed chicken used for Chicken pie may also be used in a scalloped dish such as Scalloped Chicken and Noodles recipe on page 26.

Chicken Timbales—

Butter	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	1 $\frac{1}{2}$ c.	Melt butter, add bread crumbs and milk; cook 5 minutes, stirring constantly. Add chicken, parsley, and eggs slightly beaten. Season with salt and pepper. Turn into greased baking pans or individual molds (two-thirds full). Set in a pan of hot water and bake in moderate oven for 20 minutes. Serve with giblet gravy.
Bread crumbs	2 c.	1 qt.	3 qts.	
Milk	3 c.	1 $\frac{1}{2}$ qts.	5 qts.	
Chicken (cooked and cut in small pieces)	4 c.	2 qts.	6 qts.	
Chopped parsley	2 T.	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	
Eggs	9	1 $\frac{1}{2}$ doz.	4 $\frac{1}{2}$ doz.	
Salt	1 t.	2 t.	6 t.	

Note: Pork or Ham may be substituted for the chicken.

Ham, Baked—

Ham	12 lbs.	2 12-lb. hams or 24 lbs.	6 12-lb. hams or 72 lbs.	Scrub ham and place in a large kettle. Cover with boiling water and simmer. Allow about 25 to 30 minutes to the pound. When tender, remove from water, peel off the skin and place in baking pans. Stick cloves into ham and cover with brown sugar. Brown in hot oven and serve with horseradish or raisin sauce.

Casserole of Hamburg, Rice, Tomato and Peas—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Hamburg steak . . .	2 lbs.	4 lbs.	12 lbs.	Cook rice in boiling salted water until tender. Place in large strainer; rinse with cold water.
Rice	1 lb.	2 lbs.	6 lbs.	
Tomato	1 qt.	2 qts.	6 qts.	
Peas	1 qt.	2 qts.	6 qts.	Brown onion, parsley, celery, and green pepper in fresh bacon fat. Add hamburger to the above and brown thoroughly. Combine with rice, tomatoes and peas.
Green pepper (chopped fine) . .	1 c.	2 c.	6 c.	
Parsley (chopped fine) . .	1 T.	2 T.	6 T.	
Onion (chopped fine) . .	$\frac{1}{3}$ c.	$\frac{2}{3}$ c.	2 c.	Put in greased baking dish. Bake in moderate oven until thoroughly heated through.
Celery (chopped fine) . .	2 c.	4 c.	12 c.	
Salt	1 T.	2 T.	$\frac{1}{3}$ c.	
Pepper	few grains			<i>Note:</i> Spaghetti may be substituted for the rice.

Oyster Stew—

Milk	1 $\frac{1}{2}$ gals.	3 gals.	9 $\frac{1}{4}$ gals.	Clean and drain oysters. Strain oyster liquor. Scald milk; add seasonings and oyster liquid. Add oysters and butter. Heat until the oysters are plump and edges begin to curl. Serve at once.
Oysters	3-4 pts.	$\frac{3}{4}$ -1 gal.	2 $\frac{1}{2}$ -3 gals.	
Salt	1 $\frac{1}{2}$ T.	3 T.	$\frac{1}{2}$ c.	
Pepper	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	1 $\frac{1}{2}$ t.	
Butter	$\frac{1}{2}$ lb.	1 lb.	3 lbs.	
Paprika	$\frac{1}{4}$ t.	$\frac{1}{4}$ t.- $\frac{1}{2}$ t.	1 t.	

Note: This recipe allows one cup for each serving.

Meat Loaf—

Beef—ground	3 lbs.	6 lbs.	18 lbs.	Chop finely the pepper and onion. Beat egg slightly. Mix all ingredients thoroughly.
Veal—ground	2 lbs.	4 lbs.	12 lbs.	
Salt pork	$\frac{1}{2}$ lb.	1 lb.	3 lbs.	
Crumbs (soft bread)	3 c.	1 $\frac{1}{2}$ qts.	5 qts.	Press firmly into a well greased pan, rounding the top like a loaf. Place several strips of the bacon on top.
Milk	1 $\frac{1}{2}$ c.	3 c.	2 $\frac{1}{2}$ qts.	
Tomatoes	2 c.	1 qt.	3 qts.	
Eggs	4	8	24	Bake at 400° F. for 45 minutes. Baste occasionally while baking.
Salt	$\frac{2}{3}$ T.	1 $\frac{1}{3}$ T.	4 T.	
Pepper	$\frac{1}{2}$ t.	1 t.	1 $\frac{1}{2}$ t.	
Onion	$\frac{1}{3}$ c.	$\frac{2}{3}$ c.	2 c.	
Green pepper	1 $\frac{1}{2}$	3	9	

Note: Ham may be substituted for the beef and fresh pork for the veal, making Ham Loaf.

Panned Pork Chops—

Wipe the chops with a damp cloth. Dip in flour. Brown on both sides in hot fat. Add a small amount of water. Cover tightly and simmer until tender.

VEGETABLE DISHES

<i>Scalloped Corn—</i>	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Corn	2 qts.	4 qts.	12 qts.	Mix corn and green pepper; put in buttered baking dish in alternate layers with white sauce. Cover with buttered crumbs. Bake in moderate oven until heated through and well browned.
Green pepper	1	2	6	
White sauce made of				
Milk	1½ qts.	3 qts.	2¼ gals.	
Butter	¾ c.	1½ c.	4 c.	
Flour	¾ c.	1½ c.	4½ c.	
Salt	1 T.	2 T.	6 T.	
Pepper	⅓ t.	⅔ t.	1⅓ t.	
Buttered { crumbs	3 c.	6 c.	4½ qts.	
{ butter	¼ c.	½ c.	1½ c.	

Buttered Cabbage—

Cabbage	7 lbs.	14 lbs.	42 lbs.	Select tender, fresh cabbage. Cut in wedges or shred medium fine. Cook in boiling salted water with the lid of pan ajar. Do not try to cook too large a quantity in one pan. Cook until the cabbage is just tender, which should be in from 10 to 15 minutes. Drain if necessary. Add butter or other fat. Toss lightly and serve at once.
Salt	2 T.	¼ c.	¾ c.	
Butter	½ lb.	1 lb.	3 lbs.	
Paprika—slight dash over the cabbage when served.				

Scalloped Tomatoes—

Tomatoes	3 qts.	1½ gals.	4½ gals.	Melt the butter, stir in chopped onion and green pepper, and brown. Stir in the flour. Add tomatoes, salt, and sugar. Bring to the boiling point.
Sugar	¼ c.	½ c.	1½ c.	
Flour	2 T.	¼ c.	¾ c.	
Salt	2 t.	4 t.	4 T.	
Butter	2 T.	¼ c.	¾ c.	Pour into a greased baking pan and cover with buttered crumbs. Bake until heated through and browned.
Buttered { crumbs	3 c.	6 c.	4½ qts.	
{ butter	¼ c.	½ c.	1½ c.	
Onion (chopped)	1 small	2 small	⅓ c.	
Green pepper (chopped)	⅓	⅔	2 medium	

Casserole Sweet Potatoes or Carrots—

Sweet potatoes	6 lbs.	12-15 lbs.	45 lbs.	Pare and scrape sweet potatoes. Cut in strips as for French frying. Place layer of strips in bottom of greased baking dish.
Brown sugar	1 c.	2 c.	6 c.	
Butter	6 T.	¾ c.	2¼ c.	
Cinnamon	1 T. or ¼ oz.	2 T. or ½ oz.	6 T. or 1½ oz.	
Salt	2 t.	4 t.	3 T.	Sprinkle with sugar, cinnamon, few grains of salt, and dot with butter. Add another layer of potato strips and season. Repeat until dish is full. Add water, cover and cook in moderate oven until potatoes are tender. Baste frequently with syrup from the bottom of the dish.
Water	1 pt.	1 qt.	3 qts.	

is full. Add water, cover and cook in moderate oven until potatoes are tender. Baste frequently with syrup from the bottom of the dish.

Note: Carrots may be substituted for the sweet potatoes.

S A L A D S

Jellied Vegetable Salad—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Cucumber (diced)	2	4	12	Soak gelatine in cold water for 5 minutes. Add hot water or hot pineapple juice and stir until gelatine is dissolved. Add salt and cool. Pour little gelatine mixture in moist cold molds or pans. Let partially set. Add mixed diced vegetables and rest of gelatine mixture. Set aside to cool.
Carrot (diced fine or grated)	$\frac{1}{2}$ c.	1 c.	3 c.	
Pineapple (cubed)	1 No. 2 can	2 No. 2 cans	6 No. 2 cans	
Cold water	2 c.	4 c.	3 qts.	
Gelatin or lemon jello	1 box	2 boxes	6 boxes	
Hot water or pineapple juice	1 qt.	2 qts.	6 qts.	
Salt	$\frac{1}{3}$ t.	$\frac{2}{3}$ t.	2 t.	
Lemon juice	1 lemon	2 lemons	6 lemons	

Note: The amount of lemon juice used will depend on whether plain gelatine or lemon jello is used. The addition of a little sugar may improve the flavor.

Potato Salad—

Potatoes—cooked, cold and diced	2 qts.	1 gal.	3 gals.	Prepare and cool ingredients. Combine carefully with cold, cooked salad dressing. The addition of sour cream to the salad dressing improves flavor and adds to the food value. Garnish with lettuce leaves or parsley, sliced eggs, pimento strips or sliced stuffed olives.
Celery, diced	3 c.	1 $\frac{1}{2}$ qts.	4 $\frac{1}{2}$ qts.	
Eggs, hard cooked and diced	6-9	12-18	3 doz.	
Pickle or fresh cucumber	$\frac{2}{3}$ -1 c.	1 $\frac{1}{3}$ -2 c.	4 $\frac{1}{2}$ c.	
Onion (chopped)	1 T.	2 T.	6 T.	
Green pepper (medium)	$\frac{1}{3}$	$\frac{2}{3}$	2	
Salt	2 t.	4 t.	3 T.	
Pepper	few grains	few grains	few grains	

Cranberries, Jellied—

Cranberries	1 qt.	2 qts.	6 qts.	Cook cranberries and water until former are soft; then add sugar and just bring to a boil.
Water	2 c.	1 qt.	3 qts.	
Gelatine	3 T.	6 T.	1 c. and 2 T.	Soak gelatine in the cold water and dissolve in the boiling liquid. Cool. When slightly thickened add celery and nuts. Pour into moulds to set.
Sugar	1 $\frac{1}{2}$ c.	3 c.	4 $\frac{1}{2}$ lbs.	
Water (cold)	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	1 $\frac{1}{2}$ c.	
Celery (chopped)	1 c.	2 c.	6 c.	
Nuts (chopped)	1 c.	2 c.	6 c.	

Quick Cole Slaw—

Cabbage (finely shredded)	4 lbs.	8 lbs.	24 lbs.	Combine cabbage, green pepper, onion, sugar, salt, and pepper. Mix mayonnaise and vinegar and pour over cabbage mixture. Mix thoroughly and serve on crisp lettuce leaves.
Green pepper (chopped)	1 $\frac{1}{2}$ c.	3 c.	9 c.	
Onion (finely minced)	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	1 $\frac{1}{2}$ c.	
Sugar	1 T.	2 T.	6 T.	
Salt	1 T.	2 T.	6 T.	
Mayonnaise	1 $\frac{1}{2}$ t.	3 c.	9 c.	<i>Note:</i> Boiled dressing may be substituted for mayonnaise and vinegar mixture.
Vinegar	$\frac{1}{2}$ c.	1 c.	3 c.	

SALAD DRESSINGS

<i>Mayonnaise—</i>	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Eggs (whole)	2	4	1 doz.	Beat eggs in a bowl. Add seasonings, vinegar and 2 or 3 tablespoons of oil. Beat thoroughly. Add the rest of the oil a little at a time, beating thoroughly after each addition, until dressing is thick. Add lemon juice and gradually beat in the rest of the oil.
Salt	2 t.	4 t.	4 T.	
Sugar	2 t.	4 t.	4 T.	
Mustard	1 t.	2 t.	2 T.	
Vinegar	3½ T.	½ c.	1½ c.	
Lemon juice from . .	1½ lemon	3 lemons	9 lemons	
Oil	¾ qt.	1⅓ qts.	4 qts.	
Paprika	¼ t.	½ t.	1½ t.	
Pepper	¼ t.	½ t.	1½ t.	

Note: If lemons are not available substitute 3 tablespoons vinegar for each lemon.

Sour Cream Dressing—

Thick cream	1½ c.	3 c.	9 c.	Whip cream; add vinegar a little at a time. Fold in salt and sugar and paprika.
(sweet or sour)				
Vinegar	¼ c.	½ c.	1½ c.	The cream may be used without whipping but the quantity of dressing will not be so large.
Salt	⅛ t.	¼ t.	¾ t.	
Sugar	¼ c.	½ c.	1½ c.	
Paprika	⅛ t.	¼ t.	½ t.	

Note: Make just before serving time.

Finely chopped green pepper, hard cooked eggs or chili sauce may be folded into this dressing.

Cooked Dressing—

Salt	2 t.	4 t.	4 T.	Mix dry ingredients in top of double boiler. Add egg yolks or whole eggs beaten slightly, then butter and milk gradually, stirring constantly to keep smooth. Cook over hot water. Remove from fire, cool and stir in vinegar.
Mustard	2 t.	4 t.	4 T.	
Sugar	⅓ c.	⅔ c.	2 c.	
Flour	¼ c.	½ c.	1½ c.	
Butter, melted	¼ c.	½ c.	1½ c.	
Vinegar	¾ c.	1½ c.	4½ c.	
Milk	2½ c.	5 c.	3¾ qts.	
Egg yolks	6	12	3 doz.	
or				When combining with salad, either sweet or sour cream, plain or whipped, may be used to thin to desired consistency.
Whole eggs	3	6	1½ doz.	

Note: This salad dressing is suitable for meat salads, fish salads, vegetable salads, and fruit salads. In making this dressing for fruit salad, fruit juices such as peach, pineapple, etc., or juice from spiced peaches or pears may be substituted for the milk.

French Dressing—

Salt	1 T.	2 T.	6 T.	Rub bowl with onion or garlic or chop small amount of onion or garlic, pour vinegar over it and strain.
Sugar	1 T.	2 T.	6 T.	
Paprika	½ T.	1 T.	3 T.	Mix the dry ingredients and add vinegar to make a paste. Add to this remainder of the vinegar and oil and beat thoroughly.
Pepper	⅓ t.	⅔ t.	2 t.	
Vinegar	¾ c.	1½ c.	4½ c.	
Oil	2 c.	1 qt.	2 qts.	
Onion or garlic				

Note: This dressing is delicious on practically all fruit and vegetable salads. It is excellent for marinating ingredients even when a heavier top dressing such as cooked salad dressing or mayonnaise is used.

MARMALADES, PICKLES, AND RELISHES

Peach Orange Marmalade—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Peaches (fairly large)	10	20	60	Wash oranges, cut in half lengthwise; cut in narrow strips, using entire orange, both skin and fruity portion; or put through coarse knife of meat grinder.
Oranges	1	2	$\frac{1}{2}$ doz.	
Sugar equal in weight to the combined weight of peaches and oranges.				

Cover the product with water; let stand several hours, then cook until almost tender. Combine with sliced peaches and sugar. Heat slowly and stir carefully until all sugar is dissolved. Then boil until the mixture is of marmalade consistency. Not more than the amount for 25 should be cooked in one kettle at a time. If the small amount is cooked it will have a lighter color and will thicken more quickly.

Pineapple and Apricot Marmalade—

		<i>Method of Mixing and Handling Ingredients</i>	
Apricots (dried)	1 lb.	Wash apricots and soak overnight in sufficient water to cover. Put soaked apricots and pineapple through the meat grinder. Weigh apricot and pineapple mixture and add sugar in equal weight.	
Pineapple (size $2\frac{1}{2}$)	1 can		
Sugar			

Cook 8 to 10 minutes, stirring constantly. Can in sterile pint jars.

This recipe makes about 5 pints. Half this recipe will serve 40 to 50 people; the whole recipe 80 to 100 people.

Cinnamon Apples—

		<i>Method of Mixing and Handling Ingredients</i>	
Apples	25 50 150	Peel and core apples. Use enough water to cover. Make syrup of water, sugar, lemon juice, and cinnamon drops. Pour syrup over apples and cook until tender. Chopped nuts may be added to the center of the apples in serving.	
(Winesaps, if possible)			
Cinnamon			
“red hots”	$\frac{2}{3}$ lb. $1\frac{1}{4}$ lbs. $3\frac{3}{4}$ lbs.		
Lemon juice	$\frac{1}{2}$ lemon 1 lemon 3 lemons		
Sugar	$1\frac{1}{2}$ c. 3 c. $4\frac{1}{2}$ lbs.		

Apple Sauce with Horseradish—

Apples	6 lbs. 12 lbs. 36 lbs.	Wash, pare, and quarter apples. Add water and cook until tender. The amount of water will depend upon the variety of apple. Strain, add sugar and salt. Cool. Fold in horseradish; serve with pork or ham.
Sugar	3 c. 6 c. 9 lbs.	
Water	? ? ?	
Salt	few grains $\frac{1}{8}$ t. $\frac{1}{3}$ t.	
Horseradish	$\frac{1}{2}$ c. 1 c. 3 c.	

Cranberry Relish—

Cranberries	1 lb. 2 lbs. 6 lbs.	Run cranberries and seeded oranges, rind and all, through the food chopper, using a fine knife. Add sugar and salt and mix well. The color improves on standing. If
Oranges	1 2 6	
Sugar	$\frac{3}{4}$ lb. $1\frac{1}{2}$ lbs. $4\frac{1}{2}$ lbs.	
Salt	$\frac{1}{4}$ t. $\frac{1}{2}$ t. $1\frac{1}{2}$ t.	

stored in a tight sterile jar this will keep two or three weeks.

FLOUR MIXTURES

Baking Powder Biscuit—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Combining Ingredients</i>
	25	50	150	
Flour (sifted)	1 qt.	2 qts.	6 qts.	Sift the flour, baking powder and salt together. Rub or cut the fat in until the mixture is the consistency of coarse cornmeal. Add milk and stir quickly together. Turn on to a well-floured board and knead for a minute or two to get into shape. Flour hands and pat out to $\frac{3}{4}$ inch thickness, or roll lightly with rolling pin. Cut biscuit with 2-inch cutter. Place on baking sheet. Bake in a hot oven (425° F.) for 10 to 12 minutes.
Baking powder:				
S.A.S.-phosphate	4 t.	$2\frac{2}{3}$ T.	8 T.	
Tartrate or calcium phosphate	8 t.	$5\frac{1}{3}$ T.	1 c.	
Salt	1 t.	2 t.	2 T.	
Fat	$\frac{1}{2}$ c.	1 c.	3 c.	
Milk	$1\frac{1}{2}$ -2 c.	$3\frac{1}{4}$ -4 c.	$2\frac{1}{2}$ -3 qt.	

Note: Biscuit dough should be mixed as soft as it can be handled. Different types of flours will require different amounts of liquid.

For cheese biscuit (a) add one-half cup of snappy grated cheese for each quart of flour. Mix and bake as usual, or (b) roll biscuit and cut. Soften pimento cheese with cream or butter and put 1 teaspoon of the mixture on top of each biscuit and bake in a hot oven.

In mixing biscuit add the grated rind of two oranges for each quart of flour. After biscuits are cut dip one-half piece of loaf sugar in orange juice and push into top of each biscuit. Bake in a hot oven.

Hot Rolls—10 dozen

Flour	$5\frac{1}{2}$ -6 lbs.
Compressed yeast	2 oz.
Fat	$\frac{1}{2}$ lb.
Sugar	$\frac{1}{2}$ lb.
Salt	$\frac{1}{4}$ c.
Milk (lukewarm)	1 qt.
Water	1 qt.

(It is estimated that this amount of yeast will have the rolls ready for the oven in $2\frac{1}{2}$ hours.)

Note: Whole wheat flour may be substituted for one half the flour, making whole wheat rolls. In this case brown sugar may be used.

Method of Mixing and Combining Ingredients

Scald the milk; add sugar, salt and fat. When lukewarm add the yeast and 2 to $2\frac{1}{2}$ pounds of flour. Beat thoroughly. Cover and let rise until light; cut down, and add enough flour to knead. Let rise until double in bulk and toss on lightly floured board. Knead. Pinch or cut off small pieces and shape as desired. Place rolls on greased tin; cover, and let rise until double in bulk. Bake in hot oven (425° F.) for 12 to 15 minutes.

Note: 1 lb. flour will make 1 to $1\frac{1}{2}$ dozen rolls, depending upon the size.

Pie Crust—

Flour	$1\frac{1}{2}$ lbs.	3 lbs.	9 lbs.
Fat	$\frac{2}{3}$ lb.	$1\frac{1}{3}$ lbs.	4 lbs.
Sugar	1 T.	2 T.	$\frac{3}{8}$ c.
Salt	2 t.	4 t.	4 T.
Cold water (suggested amounts)	$\frac{3}{8}$ c.	$\frac{5}{8}$ c.	$1\frac{2}{3}$ c.

(Just enough to make dough which can be rolled.)

Add salt and sugar to the flour. Add fat; cut or rub in until of consistency of coarse cornmeal. Add water at several different points in the bowl; use no more than absolutely necessary to make a stiff dough. Handle as little as possible. Roll out in amounts sufficient for one crust.

Save trimmings for top crusts or strips. Better success will be assured by making pie crust for only 25 at one time of mixing. The recipe for 25 will make four to five double crust pies, depending upon the size of the tins.

DESSERTS

Plain Cake—

	<i>Amount Needed to Serve 25</i>
Fat.....	1 c.
Sugar.....	3 c.
Egg yolks.....	4
Flour (pastry).....	4 c.
Baking Powder:	
S.S.S.-phosphate.....	4 t.
Tartrate or calcium phosphate.....	8 t.
Salt.....	$\frac{1}{4}$ - $\frac{1}{2}$ t.
Milk.....	1 $\frac{1}{2}$ c.
Vanilla.....	2 t.
Egg whites.....	4

Method of Mixing and Handling Ingredients

Note: Since it is not advisable to handle cake mixtures for more than 25 servings at one time unless a mechanical mixer is available, larger amounts have not been given.

Cream fat; add sugar gradually, and cream until light and fluffy. Add well beaten egg yolks to the creamed butter and sugar. Sift flour once before measuring, and again with baking powder and salt. Add flavoring. Cut and fold in beaten egg whites.

Bake either as a loaf or in layers in a moderate oven (see page 17 for temperatures—time of baking). A loaf cake requires a lower

temperature and longer time of baking than a layer cake.

Variations. This plain recipe may be varied to make many delightfully different cakes. Any variations in the list which follows may be added just before egg whites are folded in.

1. For spice cake add 1 t. cinnamon, $\frac{1}{2}$ t. nutmeg, $\frac{1}{2}$ t. cloves.
2. For marble cake add above spices to one-half the batter, together with 3 or 4 T. molasses. When pouring into pan alternate light and dark mixtures.
3. For chocolate cake add four squares of melted chocolate.
4. For nut cake add $\frac{3}{4}$ c. chopped nut meats to batter. Nut meats may also be added to the frosting if desired.
5. For Washington Pie. Put marmalade, or jam between layers and sprinkle on top with powdered sugar or spread with whipped cream.
6. For Boston Cream Pie use cream filling, and sprinkle on top with powdered sugar or spread with whipped cream.

Frosting—

	<i>Amount Needed to Serve 25</i>
Sugar (granulated).....	1 $\frac{1}{2}$ c.
Water.....	$\frac{3}{4}$ c.
Egg whites.....	2
Flavoring.....	1 t.
White corn syrup.....	1 T.
Salt.....	few grains

Method of Mixing and Handling Ingredients

Dissolve sugar in water. Boil sugar, water, and corn syrup without stirring until temperature of 240-244° F. Add very slowly to beaten egg whites; add flavoring and beat until smooth. Put bowl into pan of hot water, beating continually until icing grates slightly on bottom of bowl and frosting hold its shape.

Spread on cake, saving a small portion of icing to ornament top and sides of cake.

This frosting has good keeping qualities, and when cut does not chip or crack.

Variations:

1. Brown sugar may be used in place of white, and syrup cooked two degrees higher or to a firmer soft ball stage.
2. Two ounces chocolate may be cooked with the syrup to make a chocolate frosting.
3. A thin layer of melted chocolate may be put on after a thin crust has formed over the top.
4. Over the top and sides sprinkle freshly grated cocoanut or chopped nuts, or arrange whole nut meats.

Bread Pudding—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Combining Ingredients</i>
	25	50	150	
Milk	3 qts.	6 qts.	18 qts.	Combine milk with bread which has been cut into very small cubes. Add sugar, melted butter, beaten eggs, salt, vanilla, and raisins. Mix thoroughly. Bake in buttered pans or custard cups in a moderate oven (350° F.) about 1 hour. Test as for custard.
Bread (stale)	2 slices	50 slices	150 slices	
Sugar	$\frac{3}{4}$ c.	$1\frac{1}{2}$ c.	$4\frac{1}{2}$ c.	
Butter	$\frac{1}{3}$ c.	$\frac{2}{3}$ c.	2 c.	
Eggs	5	10	$2\frac{1}{2}$ doz.	
Salt	$1\frac{1}{4}$ t.	$2\frac{1}{2}$ t.	$2\frac{1}{2}$ T.	
Vanilla	$2\frac{1}{2}$ t.	5 t.	5 T.	
Nutmeg	$\frac{1}{2}$ t.	1 t.	1 T.	
Raisins	$\frac{1}{2}$ lb. or $1\frac{1}{2}$ c.	1 lb. or 3 c.	3 lbs. or 9 c.	

Old English Apple Pie—

Apples (sliced)	13 c.	26 c.	78 c.	Slice apples and place in pie tins. Cream butter, add brown sugar and mix well. Add flour and blend. Sprinkle over apples. Bake 35 minutes in moderate oven (375° F.). May serve with whipped cream or ice cream.
Butter	$\frac{3}{4}$ lb. or $1\frac{1}{2}$ c.	$1\frac{1}{2}$ lbs. or 3 c.	$4\frac{1}{2}$ lbs. or 9 c.	
Sugar, brown	1 lb. or $2\frac{1}{2}$ c.	2 lbs. or 5 c.	6 lbs. or 15 c.	
Flour	$\frac{3}{4}$ lb. or 3 c.	$1\frac{1}{2}$ lbs. or 6 c.	$4\frac{1}{2}$ lbs. or 18 c.	

Other fruit may be substituted for apples in this recipe.

Fruit Pudding—

Flour	$1\frac{1}{4}$ c.	$2\frac{1}{2}$ c.	$7\frac{1}{2}$ c.	Sift flour, baking powder, and spices. Melt butter, add sugar and mix well. Add beaten eggs and vanilla. Mix. Add flour mixture to this, then sliced fruit. Mix well and put into oiled baking pan. Bake 45 minutes in a moderate oven (350° F.) Serve with cream or foamy sauce.
Baking powder	$1\frac{1}{4}$ T.	$2\frac{1}{2}$ T.	$7\frac{1}{2}$ T.	
Salt	1 t.	2 t.	2 T.	
Nutmeg	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	$1\frac{1}{2}$ t.	
Cinnamon	$\frac{1}{2}$ t.	1 t.	1 T.	
Butter	$\frac{1}{2}$ c.	1 c.	3 c.	
Sugar	2 c.	4 c.	12 c.	
Eggs	4	8	24	
Vanilla	1 t.	2 t.	2 T.	
Fruit, sliced (fresh or canned)	13 c.	26 c.	78 c.	

Baked Custard—

Eggs	$1\frac{1}{2}$ doz.	3 doz.	9 doz.	Beat eggs. Add sugar, salt, and milk. Beat well, then add vanilla. Pour into custard cups. Sprinkle tops with nutmeg. Set cups in pan half filled with hot water. Bake in a moderate oven (350° F.) until firm or until an inserted knife comes out clean.
Sugar	$\frac{3}{4}$ lb. or $1\frac{1}{2}$ c.	$1\frac{1}{2}$ lbs. or 3 c.	$4\frac{1}{2}$ lbs. or 9 c.	
Salt	$\frac{3}{4}$ t.	$1\frac{1}{2}$ t.	$1\frac{1}{2}$ T.	
Milk	3 qts.	6 qts.	18 qts.	
Vanilla	$1\frac{1}{2}$ t.	1 T.	3 T.	
Nutmeg	$\frac{1}{2}$ t.	1 t.	1 T.	

Soft Custard: Beat eggs. Add sugar, salt, and milk, beat well. Cook over boiling water until custard coats a metal spoon, stirring constantly. Remove from fire at once, add vanilla and cool.

FROZEN DESSERTS

Vanilla Ice Cream—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Milk scalded)	4 c.	2 qts.	6 qts.	Make a custard of the first five ingredients. Strain. Cool. Add cream and vanilla and freeze.
Flour	2 T.	$\frac{1}{4}$ c.	$\frac{3}{4}$ c.	
Sugar	2 c.	2 lbs.	6 lbs.	
Eggs	2	4	1 doz.	
Salt	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	$1\frac{1}{2}$ t.	
Thin cream	2 qts.	4 qts.	12 qts.	
Vanilla	4 T.	$\frac{1}{2}$ c.	$1\frac{1}{2}$ c.	

Ice Cream Variations

1. Chocolate: Add to the cream mixture for 25, 4 to 6 squares of chocolate which have been melted and cooked with a small amount of water until smooth.
2. Caramel: Caramelize one-half the sugar and add to the liquid.
3. Fresh Fruit: (Omit 1 cup of milk and 1 cup of cream.) Add 3 cups sweetened fruit pulp such as peaches, strawberries, raspberries, etc., when cream is frozen to a mush.
4. Peppermint: Dissolve 1 lb. crushed stick peppermint candy in liquid. Omit sugar.

Chocolate Sauce—

Chocolate (un-sweetened)	4 sq.	$\frac{1}{2}$ lb.	$1\frac{1}{2}$ lbs.	Melt chocolate. Add hot water and cook to a smooth paste. Combine flour, sugar and salt. Scald milk. Add slowly to flour, sugar and salt mixture, stirring vigorously. Add melted chocolate. Cook in double boiler until thick. Add butter and vanilla. Chill and serve on ice cream.
Milk	4 c.	2 qts.	$1\frac{1}{2}$ gals.	
Flour	3 T.	6 T.	$1\frac{1}{2}$ c.	
Sugar	$1\frac{1}{3}$ c.	$2\frac{2}{3}$ c.	4 lbs.	
Salt	$\frac{1}{4}$ t.	$\frac{1}{2}$ t.	$1\frac{1}{2}$ t.	
Butter	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$1\frac{1}{2}$ c.	
Vanilla	2 t.	4 t.	4 T.	

Butterscotch Sauce—

Brown sugar	5 c.	$2\frac{1}{2}$ qts.	$7\frac{1}{2}$ qts.	Boil sugar, cream of tartar, syrup and butter until it forms a very soft ball in cold water. Remove from fire and stir in cream. Chill before serving. <i>Note:</i> Individual serving—3 T.
White corn syrup	$2\frac{1}{2}$ c.	5 c.	$3\frac{3}{4}$ qts.	
Butter	$1\frac{1}{2}$ c.	3 c.	$4\frac{1}{2}$ lbs.	
Cream (thin)	$2\frac{1}{2}$ c.	5 c.	$3\frac{3}{4}$ qts.	
Cream of tartar	pinch	$\frac{1}{8}$ t.	$\frac{1}{4}$ t.	

Lemon Milk Sherbet—

Milk	2 qts.	4 qts.	12 qts.	Dissolve sugar in milk and cream. Add whole eggs, lemon juice and freeze (see directions on page 20). The egg whites, if used, may be beaten stiff and folded in after mixture has partly frozen.
Cream	1 qt.	2 qts.	6 qts.	
Sugar	3 c.	3 lbs.	9 lbs.	
Lemons (juice)	4-6 lemons	9-12 lemons	$2\frac{1}{2}$ -3 doz.	
Eggs	2 whole or whites of 2	4 whole or whites of 4	1 doz. whole or 1 doz. whites	
Salt	Few grains	Few grains	$\frac{1}{4}$ t.	

Variations of Lemon Milk Sherbet. In recipe for 25 servings use:

1. Juice of 4 lemons and 4 oranges, or
2. Juice of 4 lemons, 4 oranges and pulp of 4 bananas, or
3. Juice of 4 lemons, and 2 c. crushed pineapple
4. Use 6 c. grape juice and 4 c. orange juice instead of milk.

D R I N K S

Note.—Directions for making coffee and tea and suggestions for fruit drink combinations will be found on pages 21 and 22.

Hot Cocoa or Chocolate—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Cocoa.....	1 c.	2 c.	6 c.	Scald milk. If cocoa is used: Mix cocoa, sugar, and salt and add water gradually while stirring constantly. Bring to boiling point and boil 5 minutes; then add to scalded milk. Add vanilla, beat several minutes and serve hot.
or	or	or	or	
Chocolate.....	½ lb.	1 lb.	3 lbs.	
Sugar	¾-1 c.	1½-2 c.	4½-6 c.	If chocolate is used: Melt chocolate over hot water; add sugar and salt. Add boiling water gradually. Blend well, and boil 3 or 4 minutes or until a thin, smooth syrup is formed. Add scalded milk and vanilla. Beat thoroughly.
Salt.....	½ t.	1 t.	3 t.	
Water	1 pt.	1 qt.	3 qts.	
Milk.....	4 qts.	8 qts.	6 gals.	Either hot chocolate or cocoa may be topped with marshmallow or whipped cream.
Vanilla	1½ t.	3 t.	3 T.	

Iced Cocoa or Chocolate—

Prepare as for hot cocoa or chocolate. Chill. Add ice or pour over cracked ice in glasses. Each glass may be topped with whipped cream.



F R U I T D R I N K S

In making large quantities of fruit drinks it is well to make the sugar up into a syrup as it gives a smoothness not obtained with plain sugar.

Lemonade—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Lemon juice.....	1 pt. (8-10 lemons)	1 qt. (16-20 lemons)	3 qts. (50-60 lemons)	Make a syrup of sugar and water; dissolve the sugar in the water and boil 4 or 5 minutes. Cool. Add lemon juice and ice water.
Sugar	{ 2 lbs.	{ 4 lbs.	{ 12 lbs.	
Water	{ 1 pt.	{ 1 qt.	{ 3 qts.	
Water, chilled.....	4 qts.	8 qts.	6 gals.	

Fruit Punch—

	<i>Amounts Needed to Serve</i>			
	25	50	150	
Grape juice	1 qt.	2 qts.	6 qts.	Boil water and sugar 5 minutes. Cool and add other ingredients and let stand one hour. Add chilled water and serve with cracked ice.
Water.....	1½ c.	3 c.	5 pts.	
Lemon juice.....	6 lemons	1 doz.	3 doz.	
Orange juice.....	6 oranges (size No. 216)	1 doz.	3 doz.	
Sugar.....	¾ lb.	1½ lbs.	4½ lbs.	
Pineapple, shredded	1 No. 2 can	2 No. 2 cans	6 No. 2 cans	
Tea.....	1 pt.	1 qt.	3 qts.	
Water, chilled.....	1 qt.	2 qts.	6 qts.	

Spiced Cherry Ade—

	<i>Amounts Needed to Serve</i>			<i>Method of Mixing and Handling Ingredients</i>
	25	50	150	
Sour red cherries . . .	3 pts.	3 qts.	9 qts.	Drain cherries from juice and chop them. Dissolve sugar in cherry, lemon and orange juice. Add spices to grape juice and simmer 15 minutes. Cool. Combine all ingredients and chill.
Orange juice	½ c.	1 c.	3 c.	
Lemon juice	¼ c.	½ c.	1½ c.	
Boiling water	2½ c.	5 c.	4 qts.	
Sugar	½ c.	1 c.	1½ lbs.	
Grape juice	2½ qts.	5 qts.	15 qts.	<i>Note:</i> Plum juice is also delicious when spiced.
Cloves, whole	10	20	3 t.	
Cloves, ground	¾ t.	¾ t.	2 t.	
Nutmeg	⅛ t.	¼ t.	½ t.	

Rhubarb Punch—

Rhubarb	4 lbs.	8 lbs.	24 lbs.	Wash the rhubarb and cut in pieces. Do <i>not</i> skin. Add water and cook for 10 minutes. Strain and add sugar. Stir until dissolved. Chill and add remaining ingredients.
Water	3½ c.	7 c.	5 qts.	
Sugar	3 lbs.	6 lbs.	18 lbs.	
Lemon juice	2 c.	4 c.	3 qts.	
Any other fruit such as pineapple, orange, cherry, raspberry, or blackberry	2 c.	4 c.	3 qts.	
Water	3 qts.	6 qts.	4½ gals.	

“Then I commended mirth, because a man has no better thing
under the sun, than to eat, and to drink, and be merry.”
Ecclesiastes VIII:5.



After the Community Meal Is Over

It would be interesting and profitable for the general arrangements committee to meet again with the chairman a day or two after the community meal has been served.

Each one should think over the part of the undertaking for which she was responsible, and come prepared to discuss it and make suggestions for improvement.

Topics for Discussion:

The committee might as a group discuss such questions as:

Were the people comfortable?

How might the meal have been improved in nutritive value, flavor and appearance?

Might it have been planned more economically without sacrificing any of these?

Was there just enough, too little, or too much food?

Was it as quickly, quietly and carefully served as possible?

Were the tables attractive?

Was the equipment adequate?

Might the arrangement in the kitchen, serving room and dining room have been improved?

A method of recording this discussion so that it may be kept for future reference, is given on page 39. Additional pages, giving the recipes used in community meals, may be inserted in the bulletin.

SUGGESTED FORM OF RECORD TO BE KEPT AND AGAIN CONSULTED
ON PLANNING FOR SIMILAR OCCASIONS

Type of Meeting.....

Number of People Served.....

Menu

Recipes used (record and attach copies).

Amount of each recipe prepared:.....

Size of individual serving:.....

Was the amount right?..... Too small?..... Too large?.....

I. Suggestions for Improvement in Planning and Preparing the Meal:

1. Nutritive value:

2. Flavor:

3. Appearance:

II. In Serving:

1. Attractiveness of tables:

2. Adequacy of equipment:

3. Arrangement of equipment:

4. Time and manner of serving: